

Just for Families!



Our hands are sure to get dirty over the next several days as we explore the theme, **Growing in the Garden**. Our topics for this theme include:

- * What is Gardening?
- * Planting Seeds
- * Composting
- * Things Plants Need to Grow
- * Gardening Tools
- * Fruits & Veggies that Grow in the Garden

The following activities will help you reinforce the theme, “Growing in the Garden” at home.

During bath time: Put plastic flowers pots in the bathtub along with a watering can. Add plastic, toy fruits or veggies that grow in the garden to the bathtub. You child can pretend to “wash” them in preparation for eating them.

During meals: Serve root veggies (carrots, potatoes, beets, etc.) as part of a meal. Serve garden foods that grow above ground (peas, beans, peppers, etc.) as part of a meal. Purchase green beans and have your child help snap them.

At bedtime: Read books about gardening. Have your child stretch up as high as he/she can...like a plant growing toward the sun...before getting into bed.

When riding in the car: Look for gardens when riding in the car.

Sing the following song when going to the grocery store with your child.

GROWING IN THE GARDEN

(tune: “I’m a Little Teapot”)

Growing in the garden are many foods;
Peas and beans that taste so good.
We can pull the carrots from the ground
And pick the tomatoes, big and round.