

# Plant Needs

## Key Concepts:

- Just like people, plants have things they need to live and grow
- **Plants need:**
  - Light
  - Air
  - Nutrients
  - Water
  - A place to live
- **Plants are FUN!**

## Activity: Plant Pal

**Overview:** Using pantyhose, soil and grass seed, make your own Plant Pal to care for at home (a homemade chia pet).

## Materials:

- Potting soil
- Grass seed
- Panty hose
- Googly eyes
- Craft glue
- Bowls
- Other craft items (optional)

## Instructions:

*Prep Work: Cut a 6 to 8 inch long piece of panty hose (any color will work). If your piece does not include a toe, then knot one end of the hose and turn it inside out. It will end up looking like a little pantyhose bag.*

1. Working in pairs so that one child holds the pantyhose bag and one scoops into the bag, have students scoop 2 to 3 teaspoons of grass seed into the closed end.
2. Next, fill the rest of the hose with potting mix. Have an adult help tie the hose closed.
3. Use your hands to gently shape the ball into a head shape.
4. Place the head in a shallow dish with the grass seed side on top. Use craft pieces such as wiggle eyes, buttons, pompom balls, felt and chenille sticks to make eyes, a nose, mouth and arms. Attach with craft glue.
5. After glue has dried completely, carefully water your new plant person until the soil is thoroughly moist and place in a warm location. Check on it daily to make sure soil stays moist (if it seems to



dry out quickly you can keep a reservoir of water in your dish), and within 3 to 5 days your new plant person will begin to grow “hair.”

6. Once the hair is established, you can give him/her a hair cut or just let it grow and see how long it will get. If you have time and supplies, they can make more than one to create a whole family of plant people.

### Discovery Station Ideas:

- Young children LOVE to water. Set up a container garden or reserve a garden bed (both with good drainage) for kids to water. Use appropriately sized watering cans or containers and make sure if your station is located indoors to find a way to catch any excess run off water.

### Related Books:

*Jack's Garden* by Henry Cole

*The Curious Garden* by Peter Brown

*We are the Gardeners* by Joanna Gaines

*Lola Plants a Garden* by Anna McQuinn

### Additional Resources:

For information on how gardening activities align with Head Start Program Performance Standards and the Early Learning Outcomes Framework, download the National Farm to School Network's excellent resource - Growing Head Start Success with Farm to Early Care and Education available at:

<http://www.farmtoschool.org/resources-main/growing-head-start-success-with-farm-to-early-care-and-education>

More gardening resources for early childhood educators are available at <https://kidsgardening.org/ece-resources/>