

Gardening for kids

Grade 4 -5



Practice Module:

1. Gardening tips for beginners

2. Activities

3. Worksheets

Gardening tips for beginners

1. Get to know your garden



Before you start, it's a good idea to get to know your garden. Check the aspect – is it south-facing or north-facing? Knowing where the sun hits the ground will help you decide what to grow where. It's also worth knowing what soil type you have. Take a look at what's growing – camellias, magnolias and piers will tell you the soil is acidic, while absence of these suggests a more alkaline soil. Doing a soil test will further help you know your soil, and therefore what plants you can grow.

2. Plan your garden

Sitting down and planning your garden is a great starting point. This way you can work out what to grow where, rather than getting carried away at the garden center and ending up with a jumble of plants that don't look good together and might not suit your growing conditions. Planning will also enable you to use color and structure wisely, which will help you create a garden that looks great throughout the year.

More gardening tips on planning your garden:



3. Learn how to plant



Planting your plants properly will ensure they grow well and live for a long time. Make sure you take time to weed and prepare the soil before planting, and add mulch or fertilizer where necessary. If you're unsure how to plant something, look online for instructions rather than just hoping for the best. Trees planted too deeply will never thrive, and root-balls that sit proud of the soil surface will dry out quickly, leading to the eventual death of the plant.

4. Feed and water plants regularly



Knowing when and how to water plants is the difference between them living and dying. As a general rule, water the root ball rather than the leaves, as it's the roots that absorb the water. Soaking the root ball every week is better than watering a little bit every day. Feeding is also important - generally you should be looking at feeding every fortnight during growing season (that's spring and summer), although you will need to feed more if growing in containers.

5. Start small



When starting a new veg patch or allotment, it can be tempting to take it all on in one go. It's much better to do a little bit at a time. You can easily cover areas you don't want to cultivate with cardboard or black plastic, to stop weeds growing, while you work on a different area.

6. Keep an eye on pests



Most garden pests don't do much harm to plants and can be left alone - there are plenty of natural predators that will keep them in check. However, sometimes pest populations can become an infestation, and you need to act. Keeping an eye out for increasing numbers of pests like aphids, slugs and snails, will help keep your plants safe, and save you a lot of heartache.

7. Make use of compost



Composting kitchen and garden waste is good for the environment, wildlife, your purse and also your garden. Let the waste break down for a year and then use it as a mulch around the base of plants in your garden and veg patch.

8. Don't be afraid to prune



Pruning plants can seem like a daunting job, but if you learn how to do the job properly, you'll be rewarded with plants that look good, grow well, and they're likely to flower and fruit better, too. The key to successful pruning is to know when to prune, and follow guidance on how to make the cuts and shape the plant. We've got plenty of pruning step-by-step guides and videos to look through.

9. Be kind to wildlife



Many of those new to gardening see wildlife as the enemy - insects and their larvae defoliate plants, birds eat our fruit and mice nibble our pea and bean seeds. But wildlife can be useful in the garden, too. Birds eat a variety of garden pests, including slugs and snails, aphids and caterpillars. Bees pollinate our food crops. A garden wouldn't be half as enjoyable without its wildlife - from frogs and toads, to hedgehogs,

bees, butterflies and birds. Creating habitats for them and learning to share your garden with them, is the key to enjoying your space.

10. Enjoy your garden



Don't forget to enjoy your garden. Make sure you take time to sit back and enjoy the fruits of your labor. Create a seating area where you can



sit and read or eat with friends and family. Plant borders you can enjoy from a window, and hang bird feeders so you can watch their antics.

Activities

Eggshell Countertop Garden



This is a simple and enjoyable task for your little gardeners. The majority of your supplies are in the kitchen. Egg cartons or a simple seed starting kit, clean eggshells, soil, spoons, seeds, and markers or pens are all you need for this project. Grab some

googly eyes, gems, or glitter to embellish your shells if you want to go all out. Herbs will be simple to start with.

Video link:

<https://www.youtube.com/shorts/Oxrt9Qs6dsY>

Vegetable Scrap Regrowing



Teaching youngsters how to re-grow veggies is one activity you may do in addition to your normal cooking. Your children can amuse themselves with this easy, free method while you finish



eating lunch and dinner. Avocados, basil, carrots, celery, cilantro, mint, onions, pineapple, romaine lettuce, and many other veggies can be regrown. You can begin all of these in the kitchen and finish them in pots. Keep the base of the fruits and vegetables in mind when you are chopping them. Many can be started in water or a little soil, while others can be planted after being allowed to dry for a day or two. These will continually grow back

Video link:

<https://www.youtube.com/watch?v=G2eRHhusjgo>

Toilet Paper Tube Seed Starter

If you've joined the crowd, you might currently have an excessive amount of toilet paper at your disposal. But don't worry, we have a project to help you use that stockpile effectively. Make seed starters out of the used toilet paper tubes. Make four cuts at the tube's bottom, one inch apart, and fold the resulting pieces under the tube to form a base. These should be filled with dirt, a seed or two, and water spritzed. Since the tubes will get wet and could break with watering, you should transplant these into pots or the garden as soon as

possible after building them.



Video link:

<https://www.youtube.com/watch?v=DOsO9UOnuhk>

Grow Potatoes in a Ball Jar



Here's another idea for using leftover food from the kitchen. If your potato has more eyes than you do, this trick works extremely effectively. A potato should be pierced all the way around with three or four toothpicks, roughly in the middle. The potato should be placed on the Mason jar with half of it inside the jar. Fill it with water until the bottom of the potato is completely submerged. Put the jar in a window sill that gets plenty of sun so it can stay warm. In the following two weeks, it

will start to develop foliage. As it grows, keep replacing the water to keep it clear.

Video link:

<https://www.youtube.com/watch?v=cXdYAAPfrdA>

Sprout Some Seeds



Consuming live, enzyme-rich foods is one of the best ways to strengthen your immune system, and kids are more likely to eat



their vegetables if they help cultivate them. Seeds that have sprouted have a remarkably high enzyme content. It just takes 3 to 10 days for seeds to sprout! One of the simplest indoor gardening activities you can perform with kids to get a quick return on your investment is seed sprouting. They'll like seeing the little seeds grow, and you can add them to a fruit smoothie for a tasty, nutrient-rich spring treat. For the greatest results, use a Victoria sprouted or mason jars.

Video link:

<https://www.youtube.com/watch?v=Mp0x6wisDgs>

Plant a Tree



Get outdoors and help those kids get their daily dose of vitamin D while teaching them about helping the planet. This is a great opportunity to educate your children about the environment and all the wonderful benefits that trees provide. They give us oxygen and shade, create homes for wildlife, and provide **fruit**. Trees make your home more beautiful and will show your kids how to contribute to a healthy planet. If you **order bare root trees soon** they can be planted in early April. Some popular,

easy to grow varieties to plant are the **Nanking Bush Cherry**, **Prolific Pawpaw**, and the **Meader American Persimmon**.

Video link:

<https://www.youtube.com/watch?v=SJfpnGEMrKM>

Make a Butterfly Puddle



Butterflies are one of Mother Nature's ways of showing us how well our ecosystem is doing. The more butterflies we see, the better our ecosystem is thriving. They add beauty to your garden and your kids will develop a sense of purpose and contribution. Plant flowers that butterflies enjoy, such as this beautiful soulmate butterfly weed, and make a cute little butterfly puddle for them to have a sip. Try this 15-minute activity for a quick break with a big impact.

Make your butterfly garden even more attractive to these beautiful creatures by adding a special water and nutrient source for them.

Materials:

- Shallow container
- Sand
- Soil, composted manure or salt

Instructions:

In addition to foliage plants for the larval stage and blooming plants for the adult stage, puddles or other shallow water sources are important, primarily for male butterflies, as a source of salt and amino acids. If you have no naturally occurring puddles, try making one to add to your butterfly garden.

1. Locate a shallow container like a large clay or plastic pot saucer. You can also make your own creative design using concrete or [purchase](#) a pre-made puddling stone. The only requirement

for your container is that it be able to hold water.



2. Fill your container with sand up to the very top.
3. To provide the salts and amino acids the butterflies are searching for, add a small amount of soil, composted manure or a pinch of salt and mix with your sand.
4. Smooth out your sand and create a slight indentation in the center for your puddle.
5. Add water and then place in your butterfly garden. Next sit back and watch for large congregations of male butterflies and their drinking buddies.
6. Replace water as needed. Depending on the weather, you may need to add more water every couple of days

Video Link:

<https://www.youtube.com/watch?v=c9sGsavr2gg>

Build a Sunflower Fort

For older kids who are ready to take social distancing to the next level and take on a bigger outdoor activity, there's nothing more classic than building a fort. This fort will require some preparation, some elbow grease, and lots of fun. You'll just need **sunflowers**, a few supplies, and some garden space. Check out these easy to follow instructions for **building your fort**.



Create your own yellow-topped sunflower fort as a garden activity with kids. Why build a fort? You can all work together

to grow an ever-changing leafy playhouse that gets taller and taller through the summer.

What you'll need:

- 7' x 7' garden patch
- Shovel
- Short stakes
- String
- Tall-growing sunflower seeds (such as giant Graystripe or Russian mammoth)
- Cheesecloth (optional)

Step 1: Late in spring when the weather is warm, mark a 7-foot square in the garden. Dig the ground around the edges a foot deep. The soil should be loose and crumbly.

Step 2: Push a stake in the ground at each corner. Mark the "doorway" with stakes.

Step 3: To help you plant seeds in straight lines, tie string to a doorway stake and run the string around the stakes in a square around your fort.

Step 4: Plant seeds an inch deep and six inches apart. (Poke a hole in the dirt with your finger, put a seed in, and cover it up.) Plant seeds around the edges of your fort -- but not in the doorway.

Step 5: Water the seeds.

Step 6: Cover the seeds with a layer of cheesecloth to protect them from squirrels. Leave the cloth loose so the plants can grow; weigh down the edges with dirt.

Step 7: When the plants are several inches tall, remove the cheesecloth. Thin out the plants; sunflowers get huge and need the room.

Step 8: Keep the plants watered, as sunflowers need plenty of moisture.

Go to the next page to discover how you can start a garden with seeds from the fruit you eat.

Garden Stone Painting



Find stones in your own yard, or go for a stroll around the neighborhood for some fresh air, exercise and a rock hunt. They can paint them with any designs of their heart's desire. You can use these as garden markers too! When your indoor plant projects are ready to move to the outdoors, you can use painted stones to identify your **herbs**, **veggies**, and **flowers**.

Video link:

<https://www.youtube.com/watch?v=FB08gwLcAr4>

Make a Plastic Bottle Greenhouse

Keep your plastic bottles out of the ocean while growing your seedlings indoors. Using water bottles, you can create a mini greenhouse. Cut the bottles in half and drill some holes in the bottom for drainage. Fill the bottom half of the bottles with **soil** and plant 1 or 2 **seeds** in each of them. Put the top half of the bottles back onto the bottom for a snug fit. Keep these moist and in a warm place like the window sill before transplanting outside.



Video link:

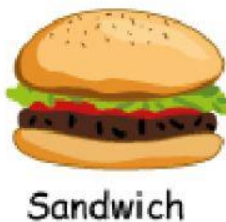
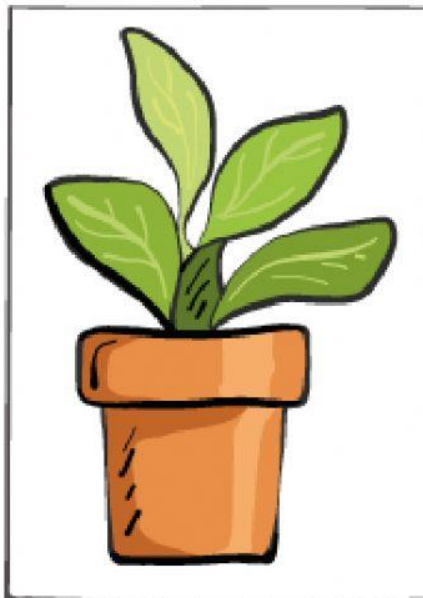
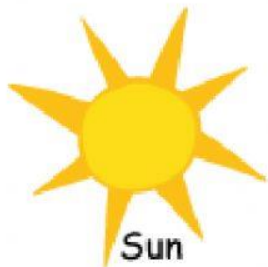


<https://www.youtube.com/watch?v=sokhwmUVqiU>

Let's do some fun activity :

PLANTS

- What do plants need to grow up? Select four pictures.





Name: _____

BEGINNING LETTER SOUNDS

Directions: Color the box of the correct answer.



s r g



c r b



w r b



c b q



a s d



b e n

Name: _____

Date: _____

MY GARDENING JOURNAL

Write about what you did in your garden.



GARDEN SCAVENGER HUNT



BUTTERFLY



GRASS



LADYBUG



FLOWERS



BEE



FLOWER POT



STONES



CATERPILLAR



WATERING CAN



LEAF




CLOUDS




ANTS

At the garden

Complete the crossword

1.  1

2.  2


3.  3

4.  4

5.  5

6.  6

7.  7

8.  8

The crossword puzzle grid consists of the following cells:

- 1. 1 cell (vertical)
- 2. 4 cells (horizontal)
- 3. 3 cells (vertical)
- 4. 2 cells (horizontal)
- 5. 2 cells (horizontal)
- 6. 2 cells (horizontal)
- 7. 8 cells (horizontal)
- 8. 5 cells (vertical)

