

Happy Gardning guide book for (Pre to 1)



From the garden to classroom:

- Gardening is a healthy, fun activity for children.
- Children develop new skills and learn about science and nature from growing their own food.
- There is a variety of interesting activities children can be involved in, such as planting, mulching, weeding and cooking.
- Make sure that your garden is a safe place, with suitable equipment, tools, fences, gates and paths for children to use.

Children learn from growing things

People of all ages can enjoy gardening, but children in particular will have lots of fun and gain special benefits. Gardening is educational and develops new skills including:

- Responsibility– from caring for plants
- Understanding– as they learn about cause and effect (for example, plants die without water, weeds compete with plants)
- Self-confidence – from achieving their goals and enjoying the food they have grown
- Love of nature – a chance to learn about the outdoor environment in a safe and pleasant place
- Reasoning and discovery – learning about the science of plants, animals, weather, the environment, nutrition and simple construction
- Physical activity – doing something fun and productive
- Cooperation– including shared play activity and teamwork
- Creativity– finding new and exciting ways to grow food
- Nutrition – learning about where fresh food comes from.

Getting children interested in gardening

Some suggestions to get children involved and interested in creating a garden include:

- Keep it simple.

- Give children their own garden space. (This does not have to be big. You can start with a large container or a few pots.)
- Involve older children in the planning and design of the garden.
- Use lightweight, easy-to-handle, correct-sized tools and garden equipment.
- Encourage children to dig in the dirt. (Younger children love making mud pies)
- Grow interesting plants such as sunflowers, corn, pumpkins, tomatoes and strawberries.
- Use a trellis or teepee to grow beans or sweet peas.
- Plant flowers that attract butterflies, ladybirds and other interesting insects or birds.
- Make a scarecrow.
- Install a water feature, a birdbath or a sundial.
- Set up a worm farm.
- Visit community gardens, children's farms or botanic gardens for ideas.

Child safety in the garden

To make the garden safe for children:

- Select the correct-sized tool.
- Keep sprays and fertilisers out of reach.
- Do not use chemicals. Garden organically whenever possible.
- Provide safe storage for equipment and tools.
- Secure fences and gates.
- Provide shade in summer with umbrellas or shade cloth.
- Make sure that where it's appropriate, children wear a hat, sunscreen, suitable clothing and gumboots.
- Do not leave buckets of water unattended around very young children and toddlers.

Plant selection for children

Children like large, brightly colored flowers and vegetables that grow quickly. Plants such as sunflowers, corn and pumpkins are good examples.

You should also consider using varieties of plants that have sensory and textural qualities as well. Examples of great sensory plants include:

- Touch – woolly lamb's ear, succulents (such as aloe Vera), bottlebrush species, snapdragons
- Taste – basil, strawberries, peas, rosemary, carrots, cherry tomatoes
- Smell – jasmine, sweet peas, lavender, pelargoniums, native mint bush, lemon balm
- Bright colour – daffodils, rainbow chard, marigolds, pansies, sunflowers
- Sound – corn, bamboo and grasses rustle against each other when the wind blows.

Different-aged children in the garden

Toddlers, preschoolers, primary-school-aged and older children will all have different expectations and will learn different things in the garden.

Younger children will require careful supervision during activities. Suitable tasks for younger children include watering plants, harvesting produce and planting seeds. Older children are physically capable of handling a greater variety of activities, like digging, carrying, planting, mulching and pruning.

Several Benefits of Gardening: (For children)

1. Physical Development:

Digging, raking, pushing the wheelbarrow, and planting new plants .

Find a set of children's-sized gardening equipment, then begin by planting some seedlings in the little wheelbarrow. In order to prevent your prize pansies from being quickly dug up, give them their own area of the garden to work in.

2. Emotional Growth

Fostering a sense of joy as plants flower and grow is certainly a great emotional by-product of gardening. Exploring nature through gardening brings the delightful experience of watching butterflies and ladybirds share the garden too.

3. Spatial Skills

These come naturally in a garden as seedlings are planted with space to grow. Seeds are planted in a row and thinned out to allow them to grow fully and fill their space. Seeds are planted in pots and arranged in the garden.

The garden is a great space to appreciate how things grow and the space they need, from big trees to tiny flowers.

4. Mathematical Skills

There are so many opportunities in the garden to develop practical [early maths skills](#). Counting, measuring, comparing, and understanding position in space are just a few.

There is no end to the opportunities for practising these skills, counting and appreciating the plants, flowers and seeds as they grow.

Let young children handle big seeds initially or put tiny seeds into a salt shaker with some sand to sprinkle in the garden.

5. Sensory Awareness

Gardening, and [exploring nature](#), awakens so many [sensory elements](#) of the growing child. The texture of the soil to touch, the scent of the flowers, the sound of the insects and birds, the taste of the vegetables and fruit and the amazing colours nature inspires us with.

6. Character Development

Little characters will just bloom and grow through the life lessons gardening can teach your kids.

Patience is a big characteristic that young children struggle to develop. Daily visits to the garden to watch and water seeds as they grow requires patience.

Then the rewards of patience come to fruition as the seeds grow. Patience is rewarded when the harvest of a vegetable or flowers arrives to be enjoyed and shared with the family.

Activities :

1. Garden Fantasy Creation

Set aside a part of your garden for your children to create a garden theme. It could be a fairy garden or a dinosaur garden.

Any theme will do with figurines and plants to match the theme. Flowers for fairies and cacti and succulents for the dino world. Or you could use shapes to create a garden. Use stones for the outline and sow seeds to grow in the shapes.

Theme gardens encourage fantasy play and a personal interest in part of the garden.



Video link:

<https://www.youtube.com/watch?v=dHqC-wxbus>

2. Make a Scarecrow

This is a fun-filled activity. Creating a scarecrow to sit in the vegetable garden can be a team effort and a chance to repurpose some old clothes and a garden hat.

Resources :

Read some stories about scarecrows. [The Scarecrow's Hat](#) by Ken Brown, or [The Shy Scarecrow](#) by Mary Packard, and [The Scarecrow's Dance](#) by Jane Yolen. These and many other lovely stories are written about scarecrows.

Video link :

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

3. Make Growing Greeting Cards

This is a lovely way to send a garden message or a Spring greeting.

Use soft pastel paper that will eventually be absorbed into the soil. Create your message or symbol with fine seeds like petunia or alyssum. Glue the seeds onto the paper in the shape and plant the card. Then watch the message grow.

Video link:

<https://www.youtube.com/watch?v=-9Gd0AKykVY>

4. Make a Bird Feeder

This simple bird feeder just needs a toilet roll and some birdseed as well as some twine or string. The toilet roll can be rolled in peanut butter and then rolled in birdseed. The string or twine loops through the toilet roll and then the bird feeder is ready to hang in a tree for the lucky birds.

An alternative sticky agent would be water-based glue to make the seeds adhere to the cardboard toilet roll.

Video link:

https://www.youtube.com/watch?v=E_n3C3RseDA

5. Egg Box Caterpillars

Here is a garden activity for preschoolers that does not require a garden, just some light, water and an old egg box.

- Use the bottom part with little portions that hold the eggs.
- Cut off the top of the box and save some of the cardboard for your caterpillar head.
- Put some soil into each egg portion.
- Cut out and draw a goofy caterpillar face.

- You can add pipe cleaners for feelers and googly eyes if you have them available.
- Sprinkle some grass seed or mustard seed or any seed of a small plant into each section of the egg box.
- Water gently and watch the caterpillar grow some hairy tufts.

Video link:

<https://www.youtube.com/watch?v=3Q5yeg5TuuA>

6. Grow and Make Your Own Soup or Salad

Let kids experience the whole grow-and-use cycle of planting, watering, tending and reaping some vegetables.

At the end of the cycle harvest the crop and make something to eat. Share the delicious food with the family or class. Watch the smiles on kids' faces as they describe how they planted and grew everything themselves.



Video link:

<https://www.youtube.com/watch?v=hhNR68JYFrS>

7. Grow a Bean Seed

Learning about how things grow and seeing the seed sprout and send down its roots is a great way to understand what happens under the ground.

- If you soak the bean seeds overnight they grow a little faster.
- Find an empty glass jar and place the bean so it is visible at the side of the jar.
- Use cotton wool or blotting paper to hold the bean in place.
- Water the bean and keep the seed moist.
- Watch the root and the shoot grow as the bean gets water and sunlight, encouraging it to grow.

Video link:

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

8. Grow a Grass Head

This creative activity does not need a garden, but will still give a growing experience.

You'll need:

- An old stocking
- Some grass seed
- Soil and compost or potting soils, or even sawdust to fill the grass head
- Googly eyes
 - An elastic band and cotton
 - An old mug or cup

What to do:

Step one: Cut the top off a pair of pantyhose and just keep the toe piece and a bit of the leg for the head and neck of the grass head.

Step two: Put the grass seed into the top of the stocking followed by the soil or sawdust and press in to form the head.

Step three: Wrap the elastic band around the neck part of the grass head and leave the extra part of the stocking to fill the cup when you place the grass head onto the cup. The cup will hold the water and the grass head when it is completed.

Step four: Pinch some of the stocking and soil to form a nose and wrap some cotton around it to keep it in place. You can draw on a mouth or cut one out of red cardboard.

Step five: Glue on the googly eyes and there you have a grass head. Sit Mr Grass head in the mug or cup and water his head and watch the 'hair' begin to grow.

When the 'hair' gets too long you can give the grass head a haircut!

There are many rewarding activities to try out with kids. Learning about the garden leads to an interest in insects, the seasons of the year, cooking and flower arranging.

The garden is in fact a bountiful place full of great opportunities to inspire and educate.

Get your gardening hat out and your willies and gloves and who knows you may get hooked on gardening too if you are not already an avid gardener!

Video :

<https://www.youtube.com/watch?v=LguezfzXA00>

Project base Activities:

Plastic Bottle Planters



The full instructions are at the bottom of this post, but here's what you will need:

- Plastic Bottles
- Acrylic Paint
- Googly Eyes
- Utility Knife
- Plants
- Glue
- These up-cycled planters are so cute! Make a bunch and line them up!

These planters are so cute and so easy to make!

YIELD: 1 plastic bottle planter

Equipment

- Utility knife
- Paint brush

Materials

- 1 plastic bottles
- 1 pair [Googly eyes](#)
- plant
- soil
- [acrylic paint](#) (ANY COLOUR)
- glue

Instructions

1. Using a utility knife, carefully cut the plastic bottle in half or about 1/3 of the way from the bottom.



Using a paint brush, paint the bottom portion of the bottle. Add multiple layers if necessary. Let dry.



Glue a pair of googly eyes to the front.



Fill the bottle with soil then add a plant.



Your plastic bottle planter is complete!



Video link:

<https://www.youtube.com/watch?v=MauY5ArRXuY>

Pebble Painting

Painted pebbles are fun to make and can be used to add color to your garden, balcony, windowsill and plant pots, or as a learning tool

Step by step

1. Ask your group to draw a design onto their pebble or stone with a pencil. If it's too dark or rough to draw on, they can draw it out onto some paper.
2. Color in the design using paints or permanent pens. Leave to dry thoroughly.
3. When the paint is dry, take a clean brush and carefully cover the pebble in PVA glue or varnish to make it weatherproof. Leave to dry

Preparation

Go on a walk to find some suitable pebbles or stones or you can buy flat, round pebbles from DIY shops and garden centers.

Wash the pebbles and dry them before you begin.

Ask your group/children to think about what they want to paint on their pebbles.

Equipment

- Medium sized pebbles or stones
- Pencil
- Colored permanent pens or paint for decoration
- PVA glue
- Paintbrushes





Hints & tips

- Paint pictures or write the names of your garden crops onto the pebbles so you can see what you've planted. It can also help children learn how to identify different fruits and vegetables.
- Paint numbers and mathematical symbols (e.g. + - x =) to use when teaching numeracy.
- Paint pebbles with blackboard paint to create reusable labels for your plants. Just write on with chalk and rub off when you need to change it.
- Make a set of pebble letters for younger children to practice spelling.
- Paint or draw uplifting pictures or messages onto the pebbles and leave them out in the woods or park for other people to find.
- Make a game using your painted stones. Hide the pebbles around the garden or house and see how quickly they can be found or who can find the most in ten minutes.

Video Link:

<https://www.youtube.com/watch?v=MauY5ArRXuY>

LET'S DO SOME FUN GARDNING THROUGH WORKSHEETS



Name _____

		
	<p>My Garden Tools</p> <p>Color the tools that you will need to work with in your garden.</p>	
		

Name _____

FROM MY

GARDEN





Cut and Paste

Name _____



What does Ben need to water his pot plants?

Color the pictures. Circle the answer.



Thank you for awesome garden

