
Sprouts Children's Garden Program- Themes & Activities

London Community
Resource Centre



Weekly Timeslots

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 9:00 AM | | | | | | |
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Themes List:

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| Week One | |
| Theme: | Welcome to the Garden – Fun with creepy crawlies! |
| Dates: | |
| Programming: | |
| Introduction | |
| Welcome: | <p>Step 1: Welcome the parents and their children as they arrive. Parents will fill-out registration forms with contact info for safety/emergency purposes as well as a photo release consent form; found in the 'Forms' folder within 'Programs & Activities' folder. A sign-in/sign-out form will be used at future Sprouts Children's Garden Sessions as well.</p> <p>Step 2: Direct the children to the group as they come in.</p> <p>Step 3: As parents are filling out the paperwork, have children find a leaf to use in their garden journals. Take about 5 minutes to do this.</p> <p>Step 4: Go over the Garden Rules – Have the children sit in a circle on the grass. If any children have participated in Sprouts before, ask them to share some rules with the others. Take about 5 minutes to do this.</p> <ul style="list-style-type: none"> • When the leader is talking, close your mouth and open your ears. • Walk on the pathways only. Do not step on the plants/flowers. • Look with your eyes. Do not touch the plants/flowers unless the leader says. • Keep your hands and feet to yourself. No pushing or touching each other. • Never put the plants or flowers in your mouth, unless the leader says you can. • If you need to use the washroom or get a drink, tell the leader. • Stay with the group at all times. No running into the parking lot or in the playground. <p>Step 5: Gather the children and to begin the Garden Journal (see below) – at the park picnic tables OR LCRC tables.</p> |
| Activity 1: Craft | |

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| <p>Garden Journal: (Picnic Tables or LCRC Tables)</p> | <p>Verify that the picnic table is ready for the craft <u>while the rule are being told to the children.</u></p> <ul style="list-style-type: none"> • You will need markers, stickers, crayons, and stamps. • Adhesive foam decals, stamp pads. • Premade Garden Journals. <p>Each child can decorate a garden journal with stickers, markers, and stamps to take home. They can be used for drawing pictures of the Sprouts Children’s Garden or their garden at home. The children can do some leaf rubbings in their journal from different plants that they can find (a mint leaf for example).</p> |
| <p>Activity 2: Exploration</p> | |
| <p>Insect Hunt/ Bug Spotter Sticks:</p> | <p>Using the Minibeast Spotting scavenger hunt page look around the garden for insects! See any butterflies? Lift up a rock – do you see any creepy crawlies hiding underneath? Tell the children about your favourite insect and ask each child which insect is their favourite! Make bugs fun!</p> <p>OPTIONAL add on to scavenger hunt:</p> <p>Create laminated picture cut-outs on sticks of different bugs that can be found in the garden. Children can go around the garden and place the sticks where they spotted the creature.</p> <p>Resource for Bug Spotter Sticks Link: http://www.sunhatsandwellieboots.com/2012/06/bug-spotter-sticks.html</p> |
| <p>Activity 3: Game</p> | |
| <p>Bug Trivia card Game:</p> | <p>Card Game - Learn fun facts about different creepy crawlies. Why are certain insects important for the garden? Each child can take turns asking and answering the questions.</p> |

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| <p>Bug Olympics:</p> | <p>Simple activities that you can do (that go along with the book: The Very Quiet Cricket) related to bugs:</p> <p>Locust Twists: Spin from one side of a lawn to another. Count how many spins it takes each time to see if you are going faster.</p> <p>Praying Mantis Scissor Kicks: Do 10 scissor kicks. Lay on back, place hands on bum and raise legs up and alternate raising each leg up and down.</p> <p>Worm Crawl: Create a worm crawl obstacle course using chairs.</p> <p>Spittle Bug Swimming: Move your arms by “swimming” across the lawn. Do freestyle, breaststroke, backstroke or whatever you want with your arms while your legs help you run.</p> <p>Bumble Bee Arm Flaps Do 20 bumble bee arms flaps with your arms straight out and palms down. You can fly across the room and race other bees or just fly around the room. Then flip your arms over and do 20 bumble bee arm flaps with your palms up!</p> <p>Gliding Dragonflies Glide (or slide) in a circle around your yard or inside your house. Make the circles bigger and smaller. Change directions and speeds. See how quietly you can move.</p> <p>Source: http://www.toddlerapproved.com/2012/05/very-quiet-cricket-virtual-book-club.html</p> |
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Activity 4

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| <p>Rock Painting:</p> | <p>Each child paints a rock to decorate the garden before they leave. They can paint their favourite insect on the rock or create a new creepy crawly to draw. Each child can write their name on the bottom of their rock with a permanent marker to take home at the end of the eight-week program.</p> <p>OR</p> <p>Garden Pinwheels (Will help keep rabbits out!)</p> <p>Materials needed:</p> <ul style="list-style-type: none"> • Paper/ plastic square sheets • Brass Fasteners • Scissors • Hole punch • Tape <p>Instructions:</p> <ul style="list-style-type: none"> • Cut out two identical square sheets. • On the square sheets, using a ruler and pencil, draw 4 equal squares. Do not draw the lines too hard or they will show up under colouring. • Get creative and add some patterns/designs using crayons and markers to each square sheet. • Glue the undecorated sides of each sheet together. • Trace four diagonal from the corners of the square to the center (using a ruler). Leave a couple inches away from the center. • Using scissors, cut along the diagonal line up until the line traced • Gather the four corners toward the center and push a push-pin • Take a pencil and push the push into the eraser end. Make sure it's not too tight to allow the pinwheel to move • Try blowing around the edges and see if the pinwheel moves • Find the perfect spot in your garden and place your pinwheel there! |
| <p>Backup Activity Ideas</p> | |
| <p>Books:</p> | <ul style="list-style-type: none"> • The Slug, Insects and Spiders, and Mini Encyclopedia of Bugs |

ITEMS NEEDED:

- Registration form
- Picture consent form

- Sign in Form
- First Aid Kit
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NEXT STEPS & SUMMARY:

| Location | Attendance | | What we did (Promotion or awareness) | Gaps or Improvements |
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| | Parents | Kids | | |
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| Week Two | |
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| Theme: | Wiggly Worms – Let's play in the Dirt! |
| Dates: | |
| Programming: | |
| Activity 1: Craft | |
| Make a Worm Friend: | <p>Make your own little worm pin.</p> <ul style="list-style-type: none"> First choose 7 beads from the assorted bead container. Once you have your beads you can thread them through a safety pin. (If the child is younger ask their parent to help out OR do the task for them.) Each child can make a worm friend to pin on an article of clothing to take home with them. See link for picture. http://dallas.todaysmama.com/2011/04/inch-worm-swap-for-scouting-kid-friendly-craft/ |
| Activity 2: Exploration | |
| Vermicomposter (worm bin): | <p>Time to take out the worm bin! This is a great way for kids to see how the red wiggler worms help compost.</p> <p>As the children search through the bucket for the worms ask them what they know about compost so they can learn...</p> <ul style="list-style-type: none"> Do the children compost at home? What things can you put in the compost? What is compost and why is it good for the garden? <p>Compost is made of broken down organic matter. It is very good for the garden because it enhances the soils rich supply of nutrients for our growing plants!</p> |
| Activity 3: Game | |
| Dirt About Worms Game: | <p>Sit in a circle while playing the game to see what they know about these fascinating creatures! They can take turns asking each other the true/false questions or you can facilitate by asking the questions.</p> |

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| <p>Hidden Worms Game</p> | <p>Set Up:</p> <ul style="list-style-type: none"> • Cut 2 colours of yarn, each 20 feet long. With larger groups add another colour of yarn and increase the length. • Cut the long pieces of yarn into smaller pieces • Hide the pieces of yarn outside in the garden <p>Instructions:</p> <ul style="list-style-type: none"> • Form 2 teams (or more depending on size of group), with one or two kids on each side as captains • Each team is to look for their coloured yarn pieces. • As each team finds a piece they will tie them to the next piece • The team with the longest yarn wins <p>Resource: http://www.kidactivities.net/post/Worms-for-Fun!.aspx</p> |
| <p>Activity 4:</p> | |
| <p>Worm Census:</p> | <p>Is your garden full of healthy soil? This involves digging up a section of earth in the garden and counting the number of worms you find – the more the better! 12 inches x 12 inches x 6 inches should have about 10 worms. http://blog.wormsway.com/?p=235</p> |
| <p>Backup Activity Ideas</p> | |
| <p>Books:</p> | <ul style="list-style-type: none"> • Wiggling Worms at Work • The Worm |

ITEMS NEEDED:

- Sign-In/Sign-Out form
- Safety pins
- Coloured beads
- The vermicomposter bin
- Dirt About Worms Game in Ziploc bag
- Shovels (digging up soil for worm census)
- Books: Wiggling Worms at Work and The Worm

NEXT STEPS & SUMMARY:

| Location | Attendance | | What we did (Promotion or awareness) | Gaps or Improvements |
|----------|-------------|------|---|----------------------|
| | Parent s | Kids | | |
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| Week Three | |
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| Theme: | Wild Garden Friends – Toads, Snakes, and More! |
| Dates: | |
| Programming: | |
| Activity 1: Craft | |
| Toad Houses and Cooling Stations/ Water Dishes: | <p>A fun activity to provide toads with shelter and an area to cool down on a hot day!</p> <ul style="list-style-type: none"> • Each child will get a clay planter pot and planter pot base, which they can decorate with paint. • Then place marbles/ pebbles in the pot base so the toads can have landing spots at their water station. • Once the paint is dry the children can find the perfect spot in the garden to place their new creations! <p>See link for picture. https://s-media-cache-ak0.pinimg.com/236x/14/0c/d2/140cd2fc1e9c1ef23258f852d6f9aba4.jpg</p> |
| Activity 2: Exploration | |
| Look Through the Garden: | What do you see? The children can find a place in the garden to put their toad house and cooling dish. Explore the garden area and see if you can find a toad or snake! |
| Activity 3: Game | |
| Hop Toad Hop | <p>Instructions:</p> <ul style="list-style-type: none"> • Half of the group are toads and the other half are snakes • Toads stand on one side of the play area (their home base), while the snakes are scattered all over • Captain Toad leads their group of toads • When the leader of the snakes says “Hop Toad Hop!” The toads must get to their home base before getting tagged. • All tagged toads turn into snakes! |

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| Who Am I? | <p>Instructions:</p> <ul style="list-style-type: none"> • When the children come into the garden they have a picture of an animal taped onto their back • They may ask yes or no questions about what they are. E.g. Am I an animal? • At the end each child can take a turn to guess what they think they are. • Suggestions: Toad, Snake, Ant, Bee, Butterfly, Rabbit |
| Activity 4: Scavenger Hunt | |
| Scavenger Hunt – Nature Walk: | Using the Scavenger Hunt – Nature Walk Laminated Check-Off Page the children (in pairs) will look for snakes, squirrels, bugs, and other garden friends. |
| Backup Activity Ideas | |
| Simpler Toad Running Game: | If the children in the week two drop-in session are too young to understand how to play the helpful Toads Running Game, then simply play a game of tag. Whoever is “it” can pretend to be a toad and hop around. The other children can be their favourite flowers and insects and can “fly” around however they wish while trying not to be caught. |

ITEMS NEEDED:

- Sign-In/Sign-Out form
- Paint
- Paint brushes
- Marbles/Pebbles
- Glass dishes for holding paint and water to rinse brushes
- Clay planter pots and their bases
- Scavenger Hunt – Nature Walk Laminated Check-Off Page
- Dry erase markers or stickers (to use for scavenger hunt)

NEXT STEPS & SUMMARY:

| Location | Attendance | | What we did (Promotion or awareness) | Gaps or Improvements |
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| | Parents | Kids | | |
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| Week Four | |
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| Theme: | Look to the Sky – Bees and Butterflies! |
| Dates: | |
| Programming: | |
| Activity 1: Craft | |
| Making a Butterfly: | <p>A fun craft to make your own butterfly!</p> <ul style="list-style-type: none"> • First take 3 sheets of coloured tissue paper and place them on top of each other. • Fold the tissue paper accordion style. • Once completely folded pinch the center point and take a piece of pipe cleaner to wrap around. • Twist the pipe cleaner to secure it in place. • Now you should have 2 sticking out ends of the pipe cleaner which you can bend to create the antenna. • Finally fluff the tissue paper out into wings on the sides by gently pulling on the edges. <p>Resource: https://s-media-cache-ak0.pinimg.com/736x/0e/b7/c8/0eb7c8f260eaa2671be79ef4ae1cd660.jpg</p> |
| Bee Craft | <p>Make your own bee craft:</p> <ul style="list-style-type: none"> • Wrap one black and one yellow pipe cleaner around a pencil • Take another black pipe cleaner and cut out a pair of antennae. Attach them to the front of the bee. • Take a pair of adhesive eyes and add them to your bee. <p>Fun fact: Bees are the only insects in the world that make food for humans.</p> <p>Resource: http://www.education.com/activity/article/spring-spring/</p> |
| Activity 2: Exploration | |

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| <p>Look at Flowers and Pollination:</p> | <p>Look at the flowers in the garden with the children.</p> <ul style="list-style-type: none"> • Are there any bees flying around? Why do they land on the flowers...what are they doing? <p>Explain how pollination works</p> <ul style="list-style-type: none"> • When a honey bee lands on a flower, it uses its long straw-like tongue (proboscis) to drink the sweet nectar inside the flower, which is eventually turned into honey by the bees at the hive. While the bee was busy getting a drink, tiny grains of pollen get stuck to his little feet and fuzzy body. These grains of pollen come from the male part of the flower, the stamen. When a bee flies to a different flower to get more nectar, some of the pollen grains will fall off of the bee and onto the new flower. If they land on the pistil of the flower (the female section of the flower), then the flower gets pollinated and will be able to create a fruit and seed. <p>Book: Looking Closely Inside the Garden</p> |
| <p>Activity 4: Games</p> | |
| <p>Garden Yoga</p> | <p>Try out these fun garden yoga poses:</p> <p>https://www.pinterest.com/pin/161637074106017585/</p> |
| <p>Bee Hive Game</p> | <p>A fun alternative tag game!</p> <ul style="list-style-type: none"> • One child is the chosen to be the beekeeper • The other children are the bees and move around the garden to “pollinate” the flowers. • The beekeeper can go around tagging all the bees that are moving around • When the bees get tagged they have to go to their bee hive and stay there until an untagged bee frees them. |
| <p>Activity 4: Seed Balls</p> | |

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| <p>Making Seed Balls:</p> | <p>Using clay, compost, and pollinator-attracting flower seeds to make seed balls for the garden.</p> <ul style="list-style-type: none"> • Roll a ball of clay and flatten it with your palms. • Place a seed or two in the center of the clay • Re-roll the clay back into a ball • Sprinkle with a small amount of water (too much water can drown the seed). • Roll the ball in compost or soil, turning it over to ensure both sides are covered in soil. <p>The seeds balls can be tossed into the children’s gardens at home or in their neighbourhood (they do not have to be planted/buried).</p> |
| <p>Cooking Component (At Westview only)</p> | |
| <p>Recipe # 1:</p> | |
| <p>Recipe # 2:</p> | |
| <p>Recipe # 3:</p> | |

ITEMS NEEDED:

- Sign-In/Sign-Out form
- Pipe cleaners
- Coloured tissue paper
- Book Looking Closely Inside the Garden
- Clay
- Compost bag
- Assortment of pollinator-attracting and wildflower seeds

| Week Five | |
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| Theme: | Seeds Glorious Seeds – A Plants Life ! |
| Dates: | |
| Programming: | |
| Activity 1: Craft | |
| Seed Mosaic | <p>Using cardstock paper and various flowers, seeds and leaves from the garden each child can make a seed mosaic.</p> <p>Once the items have been collected and the child has a picture idea ready, they can stick the items to the cardstock paper.</p> <p>Resource: http://www.firstpalette.com/Craft_themes/Food/Seed_Mosaic/Seed_Mosaic.html</p> |
| Sunflower Craft | <p>An easy craft to make your own sunflower!</p> <ul style="list-style-type: none"> - Paint the front of a white paper plate with yellow paint. Leave the center white. - Add some glue to the center of the plate and add seeds - Finish your sunflower by gluing a green cardstock to the bottom of the plate for the stem. <p>Resource: http://iheartcraftythings.com/paper-plate-sunflower-craf.html</p> |
| Activity 2: Exploration | |
| Seeded plants | <p>Which plants have we let go to seed in the garden? How do those plants look different from the unseeded plants? Lettuce, Basil, and beans are good plants to let go to seed for the kids to see how this happens.</p> <p>“Going to seed” is when the plant enters the flowering stage in preparation for seed production. Once an edible plant (basil or lettuce, for example) has gone to seed, all of the plant’s energy is now going into the flowers/seeds. Production of the edible part slows and flavour changes negatively – becoming tough or bitter. If you do not want a plant to go to seed, it is very important to remove the flowers. Biennials (turnips, parsnips) do not go to seed until their second year.</p> |
| Activity 3: Game | |
| Seed Sorting Bin | <p>The big clear bin with rice and various seeds inside can be used as a game to teach the kids what different seeds look like. The ice cube trays can be used to sort the seeds found in the bin. It is fun to have each child guess what the seeds are, then reveal what the seeds types are using the answer key sheets. http://www.howweelearn.com/seed-activity-kids-gardening/</p> |

| Activity 4: Books | |
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| Books | Use these books if the drop-in program includes mostly young children and the seeded plant exploration and collection activities are too difficult a concept for them. If You Hold a Seed, Inch by Inch, and Sophie's Squash books are great to bring and read to small children explaining how plants "grow up" like us. |
| Cooking Component (At Westview Only) | |
| Recipe # 1: | |
| Recipe # 2: | |
| Recipe # 3: | |

ITEMS NEEDED:

- Sign-In/Sign-Out form
- Cardstock paper
- Glue
- Seeds (to glue on)
- Seed Sorting Bin
- Small zip lock baggies (if children finds seeds during garden exploration)
- Markers
- If You Hold a Seed, Inch by Inch, and Sophie's Squash books
- Remind children to bring garden journals for following week

ITEMS NEEDED FOR RECIPES:

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NEXT STEPS & SUMMARY:

| Location | Attendance | | What we did (Promotion or awareness) | Gaps or Improvements |
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| | Parent s | Kids | | |
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| Week Six | |
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| Theme: | Flap Your Wings – Learn About Birds! |
| Dates: | |
| Programming: | |
| Activity 1: Craft | |
| Bird Feeder: | This simple bird feeder can be made using markers, paper plates, string, and cheerios. First, using markers the children can decorate paper plates. When completed, 4 strings will be attached around plate edges, and cheerios will be threaded on to string. Once the string is full of cheerios a knot will attach all strings to hang bird feeder. |
| Activity 2: Exploration | |
| Bird Watching : | Gather children near a tree or bush that may have birds near, ask the children what do they see, if they hear any bird calls, how many different calls do they hear, can they imitate the bird calls, and do they have one of their own? If child has garden journal with them they can draw the birds. |
| Activity 3: Game | |
| Bird Buffet | Depending on size of group one or two children will be chosen to be the "birds", the rest of the children are "worms". Birds must flap their wings and try to eat (tag) the worms. Worms may protect themselves by hiding in their holes (crouching on ground) worms may only crouch for 3 seconds before they must leave their hole and return to running from the birds. Once a worm is eaten it must return to the bird nest (designated spot within the boundary, for example a tree) and wait until another worm frees him from nest. |
| Activity 4: Trivia | |
| Bird call trivia: | A series of bird calls will be played for children to hear accompanied with photographs of birds. Children will guess what bird calls belong to each bird and learn about where these birds live and their role in the garden. https://www.youtube.com/watch?v=yxjXZnWrPrY download mp4 for birdcall video <--- right click here |
| Backup Activity Ideas | |
| Print out article | Article for best birds for the garden (print out before hand) describes the different species of birds native to North America, and the specific roles they have in the garden. Link below: http://www.rodalorganiclife.com/garden/secret-ingredient-keeps-vegetable-beds-pest-free |

| Cooking Component (At Westview Only) | |
|--------------------------------------|--|
| Recipe # 1: | |
| Recipe # 2: | |
| Recipe # 3: | |

ITEMS NEEDED:

- Sign-In/Sign-Out form, photo consent
- Garden journals (remind to bring during week six)
- Plates
- Cheerios
- String (white, blue, multicolored)
- Mp4 of birdcall on cell phone
- Print out of best birds for gardens article or saved on to cell phone
- *Christine may donate cheerios and bird seed *
- EAGLE HEIGHTS DONE WEEK 7 TELL PARENTS!!!

ITEMS NEEDED FOR RECIPES:

- **Spatula (example)**

NEXT STEPS & SUMMARY:

| Location | Attendance | | What we did (Promotion or awareness) | Gaps or Improvements |
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| | Parent s | Kids | | |
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| Week Seven | |
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| Theme: | Fun with Veggies! |
| Dates: | |
| Programming: | |
| Activity 1: Craft | |
| Vegetable Face: | A fun edible craft using fruits and vegetables from the garden. On a paper plate children can use different fruits and vegetables that were pre-cut to design their own vegetable face. Once their done they can enjoy eating their craft! |
| Garden Vegetable Printing | <p>Garden Vegetable Printing</p> <ul style="list-style-type: none"> - Pick out veggies/fruits from the garden (zucchini, carrots, apples, potatoes) and cut off the heads to create stamps. - Children can use the vegetable stamps to create designs on sheets of paper by dipping them into different colours of paint! <p>Resource: http://www.notimeforflashcards.com/2012/07/garden-vegetable-printing.html</p> |
| Activity 2: Exploration | |
| Food Scraps | Go into the garden and explore the different plants. Ask how do you know which ones are fruits and which ones are vegetables? Which ones are root vegetables and which are not. Next, talk about how you can grow plants by planting food scraps. Using the ends of vegetables such as celery, onions, bok choi you can plant them into the ground and they will begin to develop roots and regrow into healthy vegetables again! Then find a place in the garden to plant some food scraps. |
| Activity 3: Game | |
| Game | Time to play the matching game: Grow a Garden! Children can learn about all the wonderful things that can be found in a garden while playing the game. Set up the cards all flipped over so the images are face down. Each child takes a turn flipping over 2 cards until they find a pair. While playing the game discuss what the images on the card are and their importance to gardening. |
| Activity 4: Book | |
| Books | Go through the picture book Edible Colours with the kids. Learn about different fruits and vegetables that may look unusual to what you eat every day! |
| Cooking Component (At Westview Only) | |
| Recipe # 1: | Toasted sunflower seeds (from Eco park sunflowers). 3 ways to toast them in link below (frying pan method specifically) http://www.wikihow.com/Toast-Sunflower-Seeds |

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| Recipe # 2: | |
| Recipe # 3: | |

ITEMS NEEDED:

- Sign-In/Sign-Out form, photo consent
- Cut up fruits and vegetables from the garden
- Paper plates
- Food Scraps – Root vegetable ends
- Toothpicks
- Ends of different root vegetables
- Book: Edible Colours
- Grow a Garden Match Game

ITEMS NEEDED FOR RECIPES:

- **Spatula (example)**

NEXT STEPS & SUMMARY:

| Location | Attendance | | What we did (Promotion or awareness) | Gaps or Improvements |
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| | Parent s | Kids | | |
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| Week Eight | |
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| Theme: | Garden Ecosystems – Let's Connect! |
| Dates: | Wednesday August 17 Tuesday August 23, Thursday August 25 |
| Programming: | |
| Activity 1: Craft | |
| Food Chain : | <p>Have printable cut outs of different living things found in a garden that can be organized in a food chain. Children can colour in the images and organize them in order. When they are put in the correct order poke holes in the images and run yarn through them. To hold the string in place put a piece of tape on the back of each image.</p> <p>http://www.adabofgluewilldo.com/winner-wednesday-food-chains/</p> |
| Activity 2: Exploration | |
| Garden Layers: | <p>In the garden talk about the different layers in a garden. Ask: Which plants are the tallest? Which plants are the lowest to the ground? How might these layers help the garden ecosystem?</p> <p>There are 7 layers of a garden: tall trees, short trees, shrubs, vines, herbaceous (non-woody) plants, ground cover, and fungi.</p> <p>Look for these in our gardens. Which layers do we have? For example, at Westview we have an apple tree (short tree), beans and peas on the tips (vines), etc. Any ground cover plants? They help the garden ecosystem by preventing soil erosion and keeping in moisture.</p> |
| Activity 3: Game | |
| Biotic Tag: | <p>Background information for the children: <u>abiotic</u> components of an ecosystem include the non-living factors (sun, rain, temperature) and <u>biotic</u> components of an ecosystem are the living factors (plants are producers, bacteria and other soil organisms/creatures are the decomposers, animals/insects are the consumers)</p> <p>To play the game split the children into three groups:</p> <ul style="list-style-type: none"> - Animal/insect (1 or 2 children who are "it") - Plants (children who are running from the animal/insect) - Bacteria/soil organisms (1 or 2 children to revive plants that have been tagged/"eaten" by animal/insect) <p>Once a plant is tagged/"eaten" by an animal, the plant must sit where they have been tagged until a bacteria/soil organism comes and taps them on the shoulder. Once tapped on the shoulder this means that the plant has been regrown by the helpful soil bacteria and can stand up and continue playing the game.</p> |
| Activity 4: Wrap Up | |

| | |
|--|---|
| <p>Coloured Yarn:</p> | <p>This activity teaches the children about the many connections in our garden ecosystem by creating a colourful yarn "web of life" between all the children. Have all the children stand in a circle, and give five children a coloured small ball of yarn. Have the five children take hold of the end of the string of yarn before tossing it to another child in the circle. Continue doing this until each child is holding onto a piece of each of the colours and a large web has formed between them all.</p> <ul style="list-style-type: none"> - Yellow = animals (including insects) and pollinators of the garden (consumers) - Pink = worms/compost helpers (decomposers) - Green = plants in our garden (producers) - Blue = water (rain) - Orange = sun (temperature) |
| | <p>Alternative version of Coloured Yarn activity if fewer children: Have cut out pictures of different biotic factors such as animals, plants, insects that would be found in a garden. Also have pictures of abiotic factors such as water, and sunlight. Using yarn ask the child (ren) to make a spider web to show all the connections.</p> <p>Examples of pictures: Animals: Snakes, Rabbits, Birds Plants: Vegetables, Flowers (pollinators) Insects: Bees, Butterflies, Worms</p> |
| <p>Eagle Heights Activity</p> | |
| <p>Garden Plan Activity</p> | <p>A fun game for the kids attending to help plan the garden for next year! Using a sheet providing a list of plants and a companion planting guide, the children are going to help pick a spot for all the plants!</p> <ul style="list-style-type: none"> - Print out a blank map of the Eagle Heights Garden Map |
| <p>Cooking Component (At Westview Only)</p> | |
| <p>Recipe # 1:</p> | |
| <p>Recipe # 2:</p> | |
| <p>Recipe # 3:</p> | |

ITEMS NEEDED:

- Sign-In/Sign-Out form
- Styrofoam cups
- Food Chain Colouring Pages

- Markers and pencil crayons
- Glue
- Scissors
- Yellow, Pink, Green, Blue, and Orange balls of yarn

ITEMS NEEDED FOR RECIPES:

- **Spatula (example)**

NEXT STEPS & SUMMARY:

| Location | Attendance | | What we did (Promotion or awareness) | Gaps or Improvements |
|----------|-------------|------|---|----------------------|
| | Parent s | Kids | | |
| | | | | |
| | | | | |
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Ideas for different Activities:

- Paper plate sunflower craft (<http://iheartcraftythings.com/paper-plate-sunflower-craf.html>)
- Bird feeders
- Paper pinwheels
- Pressed Flowers and Leaves, could be added to Seeds Week. (<http://www.kidsgardening.org/garden-activities-pressed-flowers-and-leaves/>)