



Sunflower Activities

~ growing and learning!

www.NurtureStore.co.uk

Copyright: Cathy James, 2011

Please feel free to print this booklet and share the activities with your children at home, school or wherever you play but please leave the credit above. Enjoy!



Welcome to the NurtureStore sunflower activities book.

In here you'll find lots of ideas you can use with your children to transform your sunflower growing into a fun and learning project.

The book includes:

- What do seeds need? science experiment
- Sunflower scrapbook ideas to record your project
- A height chart design which lets you measure your sunflowers as they grow
- Garden bingo mini beast hunting
- Snail races
- Sunflower inspired counting game
- Beautiful handprint art

At www.nurturestore.co.uk we're passionate about play and learning and we hope these ideas inspire you to get growing and have a summer filled with sunflower fun.



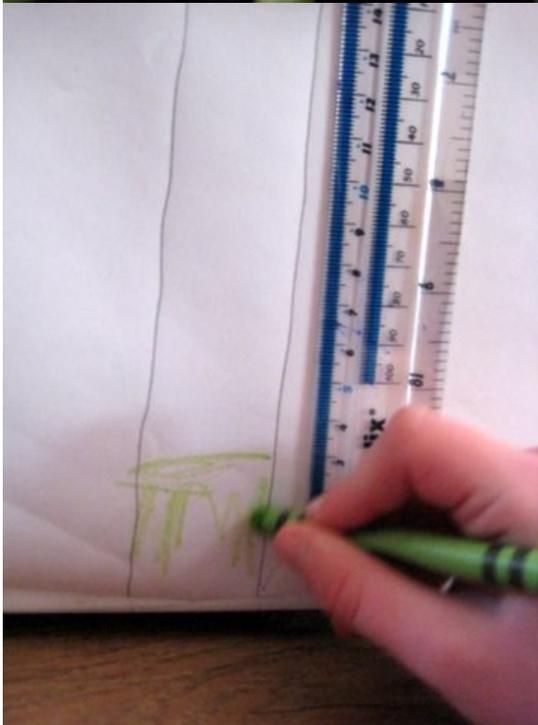
Creating a scrapbook of your sunflower growing is a wonderful way to record your project. Let the children add to the book in any way they like

- Writing diary notes when you plant your seeds, when your sunflower starts growing, when the first flower opens
- Taking photographs or drawing pictures
- Sticking in a seed and the seed packet
- Tracing round a leaf
- Including notes from all your sunflower activities



When you plant your seeds try out a science experiment to discover what a seed needs to grow.

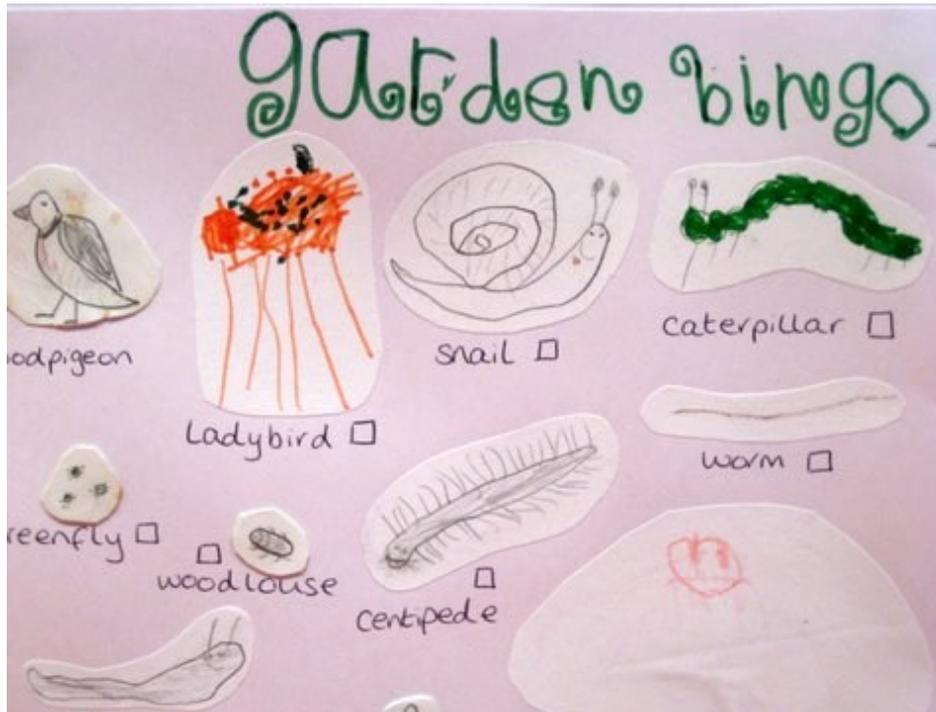
- How long do the children think it will take before their seed starts to grow?
- Ask them what they think a seed needs to grow and test out their theories.
- Plant a seed with no soil, plant one with no light, plant one with no water, plant one and put it in the freezer, plant one in compost—then wait and see what happens.
- Use your scrapbook to record your results.



Create a family height chart and watch your sunflowers grow.

Sunflowers are an exciting plant for children to grow because with a bit of luck your plant will reach up over the heads just like Jack's beanstalk. Making a sunflower stalk height chart lets them use measurement and numbers as they record how tall their plant grows.

- Use a roll of paper, or several sheets stuck together, to make a tall height chart and draw a tall stalk from the bottom to the top
- Stand every member of your family, class or group against the chart and mark off how tall they are. Cut out a leaf shape, write their name on it and use it to mark where they come up to on the stalk.
- Measure your sunflower every few days or every week and record it's progress on your height chart. Colour in the stalk as your plant grows taller and taller.
- Do you think your plant will grow taller than your head? Taller than your dad or your teacher? You might like to have a competition to guess exactly how high your plant is going to grow.
- At the end of the summer you can make a beautiful flower (see our handprint craft) to mark your plants final height. You can also re-check everyone's height as you might find some of you have grown over the summer too!



Once your seedlings are ready to plant out you can make the most of exploring the garden with a game of mini beast bingo.

- Draw all the animals you think might be in your garden on a big piece of card and write their names underneath.
- Go hunting for creatures and tick them off your chart as you find them. Keep your chart up on the wall all summer and see if you can spot them all.
- Take time to observe the animals as you find them: count their legs, talk about what they eat. Talk about the garden ecosystem and whether each animal is a goodie or a bad-die.
- Take a photograph to add to your scrapbook.

Bite sized holes munched in your sunflowers leaves mean just one thing: snails!

Hunt around in shady spots and behind flower pots and see how many you can find hiding. Before you invite them to leave your garden put them through their paces with a snail Olympics.

- Draw a race track on the ground with chalk and line up the competitors.
- A bull's eye track with all the snails starting in the centre and racing to the outer edge works well too.
- This gives the children a great opportunity to observe the snails up close and find out lots about them.





Mix some maths in with your sunflower growing with this simple maths game for younger children.

First make a number spinner

- Take a 10 cm square piece of card and draw lines across and diagonally
- Mark 5cm along each line and join up your 5cm marks to make an octagon
- Cut out your octagon, number the segments 1 to 8 and colour them in
- Put a little sticky tack in the centre and poke through a wooden skewer

Then make your sunflowers

- Cut out eight petals per player and number them from 1 to 8
- Use a paper plate to make your seed heads and number them 1 to 8

Then it's time to play

- Spin the spinner and win a petal with the matching number
- Talk about the numbers as you play: can you find a petal with a 3 to match your spinner? who's got the most petals? how many more petals do you need to win?
- The first person to get all their petals is the winner



This handprint craft is a beautiful way to celebrate when your sunflowers start blooming—and tops off the height chart perfectly.

It's a good group project for your whole family or class as everyone's handprints can be included.

To make one:

- Have some messy fun making lots of handprints from yellow paint
- Leave them to dry then cut them all out
- Stick them onto a round piece of card, adding layer on layer to make your petals.
- Scrunch up lots of little balls of black tissue paper to make your seeds and glue them into the centre.
- Add a stalk made from green card or a garden cane, or stick it to the top of your sunflower height chart.





For lots more ideas on children's crafts and activities including science, maths, art, cooking and literacy visit www.nuturestore.co.uk

www.nuturestore.co.uk ~ passionate about play and learning.