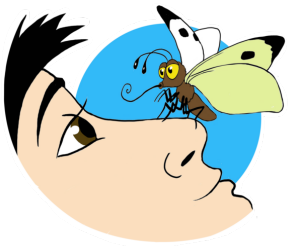
Children discover that plants need to drink, that they grow and they feel.

Plants and Me



Keywords **experiment • growth chart • storytelling • seed sowing • indoors • outdoors**

1. Do Plants Drink Water Like Us?
Help children discover similarities between themselves and plants. Ask:

“Do plants drink water like we do?” (Let children share their ideas).

Show them how plants "drink" using a white carnation or celery stalk placed in a cup of coloured water (blue or red works best). Over the next day or two, the colour will travel up into the flower or stalk.
Ask:

“How did the colour get there?” (Help them see that roots act like straws, sucking up water).

Show a plant (like mint) with roots packed at the bottom of the pot to explain this.

2. Do Plants Grow Like Us?

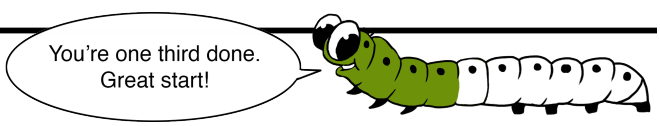
Talk about how eating and drinking helps us grow. Ask:

“Is it the same for plants?” (Now that they know plants drink through roots, they’ll start to understand how plants grow too).

3. Read and Act Out “The Three Pinecones”
Read the story "*The three pinecones*" from the Downloadable Materials. Children can act it out , pretending to pick up cones or plant seeds. Bring in three open pinecones (make sure they’re from the ground and have no minibeasts). Use the "*Story cards*" from the Downloadable Materials to help bring the story to life.

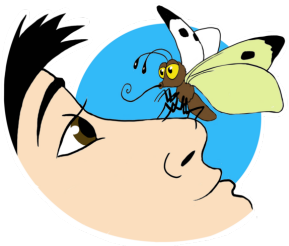
4. Plant a Sunflower Seed
Each child plants a sunflower seed in a pot or in the school garden (see tips in the "*Growing seeds*" file in Downloadable Materials). Explain:

“Plants start small, just like you!”



Children discover that plants need to drink, that they grow and they feel.

Plants and Me



Make a big class "*Growth chart*" (Downloadable Materials), measure each child and their sunflower every week. Sunflowers sprout in about a week, so changes will happen fast!

5. Plants Move Too!
Once sunflowers start blooming, show how they turn towards the light. Say:

“Just like you love sunshine, sunflowers do too, they turn to face it!”

Tip: Want faster results? Try growing ġulbiena (common vetch) in a dark space with light from only one side, this shows how plants bend towards light ("*Plants can feel experiment*" - Downloadable Materials).

Send photos of

- ☐ Children doing the coloured water experiment
- ☐ listening to story
- ☐ Comparing their height and plant growth on the chart
- ☐ Sowing and growing sunflower seeds

Resources & Equipment Needed

- White carnation or celery stalk;
- Potted mint/herb with visible roots;
- Red or blue food colouring;
- Small cups or watering cans;
- Sunflower and/or common vetch;

