

Planting Seeds

Introduction Series



grades K/1



five 25-minute lessons

Lesson Summary

Students consider the meaning of the words ‘think’ and ‘give’ and put them into practice as they plant and show kindness to their seeds.

All lessons open and close with the Planting Seeds Song. Throughout the five Introduction lessons, students explore the theme of kindness by charting their kind actions on a Flower Bulletin Board, creating artwork about what kindness means to them, and using literature and activities to explore how small, kind actions help people grow kind.

NOTES:

- Read this Educator Guide ([PDF](#)) before starting the program for an overview of the curriculum, teacher tips, and suggestions for activities that require planning. Keep it handy to check in with as you go.
- Have students keep a ThinkGive folder to compile their projects and artwork for future reflection.

Sample Actions

- My friend forgot to bring a snack to school today, so I shared mine with her.
- When my cousin came over to play, I included my little brother in our game so he wouldn’t feel left out.
- I thanked my mom for dinner and told her I loved her.

Parent/Guardian Connection

ThinkGive@Home: Introduction ([PDF](#))

LESSON 1.1: PLANTING SEEDS

Students will Examine

- The meaning of the words 'think' and 'give'.
- How to plant and care for a seed.

Pre-Activity Prep

- Purchase seeds that germinate quickly (e.g., sunflowers, marigolds, beans).
- Purchase soil.
- Gather containers for the plants (e.g., cups, bags, pots).
- Pre-assign student pairs if planting with partners.
- (Optional) Print the Planting Seeds Song ([PDF](#)) to display as students sing.

MATERIALS

Clear plastic cups, Soil, Water, Seeds

Image: Seed to Plant ([PDF](#))
(Optional) Folders (1/student)

MEDIA TO PREP

Planting Seeds Song ([PDF](#) | [Audio](#))

Video: [How to Plant a Seed: A How-To Book](#) (1:50)

(Digging Deeper) Video: [How are Plants Important to Us](#) (3:54)

WARM UP ACTIVITY

Students stand in a circle. Each person takes a turn saying their name and a motion of their choice. The group repeats the person's name and motion. When everyone has had a turn, the group tries to say each person's name and motion, starting with the first person who spoke. Optional challenge: Ask for a volunteer(s) to try to repeat everyone's name and motion.

Refer to the ThinkGive Warm-up Activities ([PDF](#)) for other ideas.

OPEN

Planting Seeds Song ([PDF](#) | [Audio](#)).

ACTIVITY: Planting our Seeds

Hold up a packet of seeds for the class to see.

Explain: Today, we'll be starting a project called ThinkGive.

THINK + GIVE: Our Seeds!

Write responses to the following questions on the board or chart paper.

Consider adding a simple picture to emphasize each idea.

Ask:

- Let's THINK: What do seeds need to grow (e.g., soil, water, sun)?
- What can we GIVE these seeds (e.g., water, light)?
- What will happen if we GIVE to the seeds (e.g., they sprout, grow roots, grow leaves, become plants)?

TEACHER TIP

Have students choose motions during the Planting Seeds Song to bring movement into this opening.

LESSON 1.1: PLANTING SEEDS (cont'd)

- What questions do you have about the seeds? (e.g., How can we make these seeds turn into plants? What will the plant look like when it's grown? How can we take care of it?)

Watch: [How to Plant a Seed: A How-To Book](#) (1:50), or share the instructions on the seed packet. This video shows simple steps for planting and nurturing a seed.

Students work in pairs or individually to plant their seeds. Label each cup with the student's name(s). As students finish, and if time allows, they can draw their predictions about what will happen to their planted seeds.

Ask: How can we show kindness to our planted seeds?

Add student responses to the list on the board/chart paper from earlier in the lesson.

DIGGING DEEPER

Ask: How do plants help us?

Watch: [How are plants important to us](#) (3:54). This video explains the variety of ways that plants are helpful to humans.

Discuss:

- What is something new you learned about how plants help us?
- What are some of your favorite things made from plants?
- Why do we need plants?

STUDENT ACTION

Explain: Be kind to your seed! Remember to THINK about what it needs and GIVE it your attention and care.

CLOSING

Show the Image: Seed to Plant ([PDF](#)).

Ask: What do you notice about this image?

Planting Seeds Song ([PDF](#) | [Audio](#)).

★ TEACHER TIP

Use clear cups, bags, or plastic water bottles when planting seeds so students can watch their plants grow.

★ TEACHER TIP

Remind students that all plants grow with their care and attention, just at varying speeds.