Title: Planting
Recommended For: 3-4 Year Olds

Objectives:
Children
• Fine motor
• Follows directions
• Cooperation
• Attention to detail

Adults
• Fine motor
• Reminiscence
• Positive mood
• Sensory

Materials Needed (Group)
• One bag of dirt (planting soil)
• Gloves (for participants who do not wish to get hands dirty)
• 2 Large spoons or trowels
• One small planting pot (per pair)

• Watering bucket or container (per table)
• Seeds to plant (flowers or vegetables depending on your soil, light conditions, and season)

Methods:
Facilitator Preparation
1. Decide whether the activity will take place inside or outside.
2. Lay out seeds for all pairs to pick through and dirt (either in the bag or in a tub) for all pairs to take turns digging in and using.
3. Cover workstation in newspaper to help with clean up.

Intergenerational Participants (Inside)
1. Introduction
2. Share knowledge on plants, gardens, etc.
3. Show pictures of easy to identify plants (pass around or on Smartboard)
4. Let pairs pick out which seeds they would like to plant
5. Have IG pairs fill their pots with moistened soil, plant their seeds, and water their flowers.
6. Play an interactive planting game on the Smartboard, if time allows
Intergenerational Participants (Outside)

1. Introduction
2. Share knowledge on plants, gardens, etc
3. Make a checklist (on Smartboard or paper) of the steps for planting their seeds
4. Go outside and allow the IG pairs to work with the dirt
5. Have IG pairs select which seeds they would like to plant as well as where they would like to plant them
6. Plant seeds, cover, and water
7. Ask the group what they learned and if they have any other planting ideas.

Helpful Websites
http://www.vrml.k12.la.us/curriculum/quicktip/science/plants/plants.htm

Special Considerations
- Appropriate staffing and equipment to maneuver those in wheelchairs, walkers, and with canes.
- Remind participants not to eat seeds or dirt
- Some participants may want to wear gloves while digging in the dirt
- Working with tubs on tables or at raised beds works well for persons of different heights and physical abilities

Getting To Know You
- What is your favorite type of flower?
- What is your favorite color on flowers?
- Have you ever planted flowers or seeds before? What kind?
- If you could have your own garden, what kinds of flowers or fruits and vegetables would you plant?

Encouraging Interaction
- Can you show ___ how to dig a hole for the seed?
- Would you tell ___ how much water to pour over the planted seed?

Extension Opportunities
- Outdoor garden project
- Create “helpers” who will be in charge of watering the plants daily and documenting their progress
- Create plant stakes to mark which seeds are planted where (tongue depressors and sharpies or cutouts of the seed packets glued to the tongue depressors).