



WATER HELPS US GROW

TYPE OF ACTIVITY: Outdoor

KEY CONCEPT: Drink water



OBJECTIVES:

- › Children will explain that all living things, including people, need water to stay healthy.
- › Children will explain that water helps plants grow.

MATERIALS:

- › Potting soil
- › Seeds or small plants
- › Small pots or garden bed
- › Photos of plants
- › Watering cans or pitchers



PROCEDURE:

1. Introduce the activity by discussing water. Suggested phrases:
 - a. *Water helps keep our bodies healthy.*
 - b. *What other things need water to live?*
 - c. *Did you know that water helps cool off our bodies when we are hot?*
 - d. *Water is important for plants, too. Just like people, plants need plenty of water to be healthy and growing.*
2. Show photos of plants at different stages of growth/blooming. Explain that the growing process takes time, and that many plants need dirt, sunlight, and water to grow.
3. Explain that we are going to observe how water helps plants grow. Give each child a pot and some soil. Have each child half-fill their pot with soil. Give each child a few seeds and show them how to press the seeds gently into the soil. Cover their seeds loosely with more potting soil. Have children water their plants. If you have an outdoor garden, encourage children to also plant their seeds there.
4. Explain that children will water the seeds every day for several weeks. Ask children to predict what will happen to the seeds. Write down their predictions.
5. Have the children water their plants daily and observe any changes taking place. As the plants grow, talk about what the plants look like and compare them to the children's predictions. Suggested phrases:

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- a. *What did we think would happen to the plants as we watered them?*
 - b. *What actually happened?*
 - c. *What do you think would have happened if we didn't water them?*
6. Help children make the connection between the effect of water on plants and the effect of water on their own bodies. Suggested phrases:
- a. *Water helps keep our bodies healthy.*
 - b. *We need water just like plants do. If our bodies don't have enough water, we'll get tired and we won't have energy to play.*

ADAPTATIONS/EXTENSIONS:

Veggie patch: Set aside a small area as a garden to grow vegetables. Talk to the class about the importance of eating a variety of vegetables. Give children the chance to taste the vegetables you grow.

Science: Compare the effects of watering a plant with soda, water, or not watering at all. Encourage children to predict how each plant will grow, and compare their observations to their predictions.



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