



# Stem Flow Run

In this game kids become water and nutrients from the leaves flowing back and forth through the stem of a plant.

## Learn, Grow, Eat & Go! EARLY CHILDHOOD Week 3

**Objectives:** Students will participate in a gross motor activity that demonstrates how water and food/nutrients flow through the plant stems

**Time:** 10 minutes

**Materials/Prep:** playground chalk or making tape

- Find a long, open space (section of basketball court, gym, parking lot, etc.)
- Use playground chalk or making tape to form root shapes on one end of the long space and leaf shapes on the opposite end



### Lesson Narrative:

1. Have students stand shoulder-to-shoulder along the roots end of the open space and face the teacher.
2. We are going to pretend that we are standing at the bottom of the stem of a plant, all way down to the roots. Look at the roots you are standing on!
3. Point to the leaves drawn on the opposite end of the space. Far down on the other end of our stem are the leaves of the plant. Can you see the leaves at the other end of our stem?
4. When I say, "leaves," we are going to pretend that we are water drops getting soaked up by the roots and running all the way to the leaves. Are you ready? LEAVES!
5. Once students run all the way to the leaves have the stop. Our stem carried water all the way from the roots to give our leaves a drink of water to the leaves. Have them wait for the next command.
6. The leaves' job is to make soak up sunlight and make food for the rest of the plant. Everyone hold up your hands like leaves so we can soak up the light.
7. When I say "roots," we are going to run back down the stem to the roots. We are going to take all this pretend food we made from soaking up the light and give the roots a snack. Are you ready? ROOTS!
8. Once the activity is completed, explain how food and water flow through the stem:
  - a. We just moved like water and food move in the stem of a plant.
  - b. We ran up and down our pretend stem just like *water moves up* from the roots and *food moves down* from the leaves through the stem of a real plant.

PILOT DRAFT

JMG Early Childhood Pilot Curriculum Study

JMG Early Childhood Early Childhood Curriculum, Junior Master Gardener® ©2018  
For use only by approved pilot teachers. For more info: [bit.ly/PreJMGPIlot](http://bit.ly/PreJMGPIlot)