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## GO ACTIVITY: I Am a Growing Plant!



### Objective:

Students will use their imaginations to stretch and grow, pretending to be the parts of a plant.



### Materials/Prep:

water  
spray bottle



### Lesson Narrative:

1. Start this activity with the lights out. Today we are going to pretend to be the parts of a plant.

- ★ Let's begin by curling your body up on the floor and pretending to be a seed. Seeds are tiny, so make yourself as small as you can.
- ★ Now the sun is going to shine. Turn on lights.

2. And the rain is going to fall.

- ★ Are you ready? We're about to feel the rain drops! Quickly spray a small mist of water onto the students.
- ★ Now the seed has water, and it begins to get bigger. Open up your arms and start to sit up!

3. What grows underground from the seed?

- ★ The roots do!
- ★ So, let your roots grow by sitting with your legs underneath you.

4. Next, stems grow from the roots.

- ★ Straighten your body to be a long straight stem.
- ★ Sometimes stems are curvy and curly. Make your body curvy if you want to be a curvy stem!

5. The lights are still on, and our plant is still growing!

- ★ Let's stand up on our legs because our roots are still growing.



- ★ Now stretch out your arms and open your hands because our leaves are growing from the stem.

6. Think about flowers that you have seen.

- ★ Flowers are different shapes and colors and are so beautiful.
- ★ Lift your head up as tall as you can and show us a big beautiful smile!

7. Let's review some of the parts of a plant. When I call out a plant part, I want you to move that plant part:

- ★ ROOTS (wiggle legs)
- ★ STEMS (shake the middle of your body)
- ★ LEAVES (wave your arms and hands)
- ★ FLOWER (smile and nod your head)

8. Who wants to do that again? Have students sit back down on the floor and curl into a ball to become a seed again as you turn off the lights and repeat the steps above.



As a group, go outside to notice the plants growing around the building. Have students point out the different sizes and shapes of plants they can see. Also ask questions to help students to recognize what plants have in common such as, "What colors do you see in most of the plants?" and "Can you point to the leaves you see on the plants?"

Back inside, work together to create a simple poem using ideas they already know about plants. Choose a familiar poem or song, such as "Roses Are Red, Violets are Blue" and over a few days, work with the class to change the words to create your own poem about plants.

Begin by having students say the poem or song together, write the words on a white board, and draw a box around its rhyming words and sounds. Next write the poem again, but this time leave blanks so the template can be filled in with their ideas.

### Sample Poem Template

("Roses Are Red, Violets are Blue" poem as a model):

\_\_\_\_\_ are \_\_\_\_\_

\_\_\_\_\_ are \_\_\_\_\_

Plants are amazing

And \_\_\_\_\_.

### Sample Kindergarten Class Poem

Grass is green.

Trees are tall.

Plants are amazing.

And I like them all!

