

# DAY TWO

## Lesson: Making Sunflower Seed Heads

### Objective:

Students will create a model to better understand the purpose of flowers.



### Materials/Prep:

yellow construction paper  
green playdough  
roasted sunflower seeds  
small plastic plates  
scissors

- ★ Make a ball of green playdough and flatten it into a circle in the middle of a plate.

- ★ Cut petal shapes from yellow construction paper and tuck one end of each petal under the playdough to form a flower.



### Activity Narrative:

1. Use one of the featured children's books from this week to show pictures of flowers.
  - ★ Flowers can be many beautiful and come in many different shapes and sizes.
  - ★ Do you remember the important job of a flower? It makes seeds.
  - ★ Why do flowers make seeds? So that they can grow new plants.
2. Show the pictures of a sunflower (Pages 16-18).
  - ★ Show a picture of sunflowers growing in a field (Page 16).
  - ★ What are these?
  - ★ What color are the leaves of these sunflowers? The stems?
  - ★ How tall do you think these flowers are?
  - ★ Show a close-up picture of a sunflower head (Page 17).
  - ★ Look how beautiful this flower is!
  - ★ What color are the petals?
  - ★ Show a close-up picture of a sunflower head with visible seeds (Page 18).
  - ★ Does it have seeds?
  - ★ Can you see where they are hiding? When the flower finishes growing and the petals begin to fall off, you can begin seeing the seeds growing in the middle.

PREVIEW  
DRAFT

3. Let's talk about what happens after the flower makes all of these seeds.

- ★ What happens when the seeds blow or fall off the flower to the ground?
- ★ A new plant can grow.
- ★ It is important for flowers to make seeds so that we can have new plants to grow.

4. Show the students the plate with the flower made of green playdough and petals.

- ★ Do you see any seeds on this pretend sunflower yet?
- ★ No. I am going to carefully push the pointy end of the sunflower seed into the green playdough.
- ★ When you fill your flower up with seeds, it will look like a real sunflower head!
- ★ This sunflower will be out during lessons for you to look at closely. You can use your hands or tweezers to add more seeds. Once it's full, we are going to practice taking out the seeds.



This page reproduced with permission of the Junior Master Gardener® Program. For more information about the JMG® Program or to obtain JMG® curricula, visit: [www.jmgkids.us](http://www.jmgkids.us)