



Helping Your Kindergartener Thrive

This Week's Lesson: Miss Maple's Seeds

What You'll Need

- A phone with internet (if you do not have this, skip to 'Alternative Instructions')
- Pencil
- Paper
- Magnifying glass (optional)

What to Do

- Read or watch "Miss Maple's Seeds" (<https://www.youtube.com/watch?v=IUDK2DKl8jg>)
- After the story, talk about the function of seeds: to make a new plant grow.
- Go through your kitchen (this can also be done the next time food is brought into the house) and as you eat, notice whether or not the food you're eating has seeds in it.
- If you live near a tree or other green space, you can also continue your seed exploration by looking for seeds like acorns, walnuts, or dandelions. Take a magnifying glass, if you have one, and explore the seeds up close. What do you notice about them? How are they different than other seeds you've seen?
- Draw a picture of your favorite seeds on paper with a pencil.

Alternative Instructions

(if you don't have a phone to watch the story or a copy of the book on hand)

- Talk about the function of seeds: to make a new plant grow.
- Go through your kitchen (this can also be done the next time food is brought into the house) and as you eat, notice whether or not the food you're eating has seeds in it.
- If you live near a tree or other green space, you can also continue your seed exploration by looking for seeds like acorns, walnuts, or dandelions. Take a magnifying glass, if you have one, and explore the seeds up close. What do you notice about them? How are they different than other seeds you've seen?
- Draw a picture of your favorite seeds on paper with a pencil.

Keep It Going

- As you go about the rest of the week, feel free to keep looking for and talking about seeds in the foods you eat, and the environment around you.