# Pre-K 3, week 21: seeds, growing and circles

This week your learner will name garden words, find circles and plant a seed to watch it grow. Each activity takes about 5 to 10 minutes. Print the pages, or do them with things you already have at home.

**5-minute prep**

- Get a cup, a paper towel and 2 or 3 dry beans (you hold the beans).
- Find 3 round things: a plate, a lid, a ball.
- Print pages 2 to 5, or skip printing and use the no-supplies swaps.

**Household supplies:** Paper, crayons, a clear cup, a paper towel, 2 or 3 dry beans, round things. No supplies? Every card has a swap.

## The week at a glance

| Day | Focus | Pieces |
|---|---|---|
| Monday | Talk and listen | Garden words page, Bean in a cup card |
| Tuesday | Math | Find the circles page, Circle hunt card |
| Wednesday | Explore | How it grows page, Grow like a seed card |
| Thursday | Make and move | Path to the sun page, Torn paper flower card |
| Friday | Story and review | Song of the week, Parent notes page |
| Every day | Read aloud, sing, play outside | Read any picture book together, sing the song of the week, and do a feelings check-in. |

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**Safety**

- Use objects too big to fit in your learner's mouth, and stay close during any counting or sorting with real objects.
- Water play only with an adult within arm's reach the whole time, even in a small tub.
- An adult handles anything hot or sharp, knives, and rocks or heavy objects.
- Dry beans and seeds only with an adult watching closely, and not with a learner who still puts things in their mouth.
- No scissors needed: tear paper instead. If you do use scissors, use child safety scissors with an adult right there.
- Choose crayons, markers and paint labeled for young learners (look for the AP seal).

# Garden words

Say: "This is a seed. It grows into a plant." Your learner points to each picture and says the word with you.



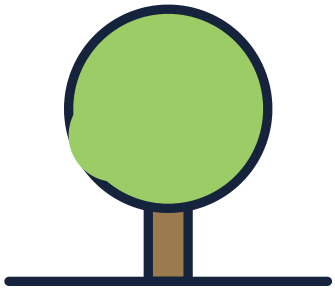
seed



plant



flower

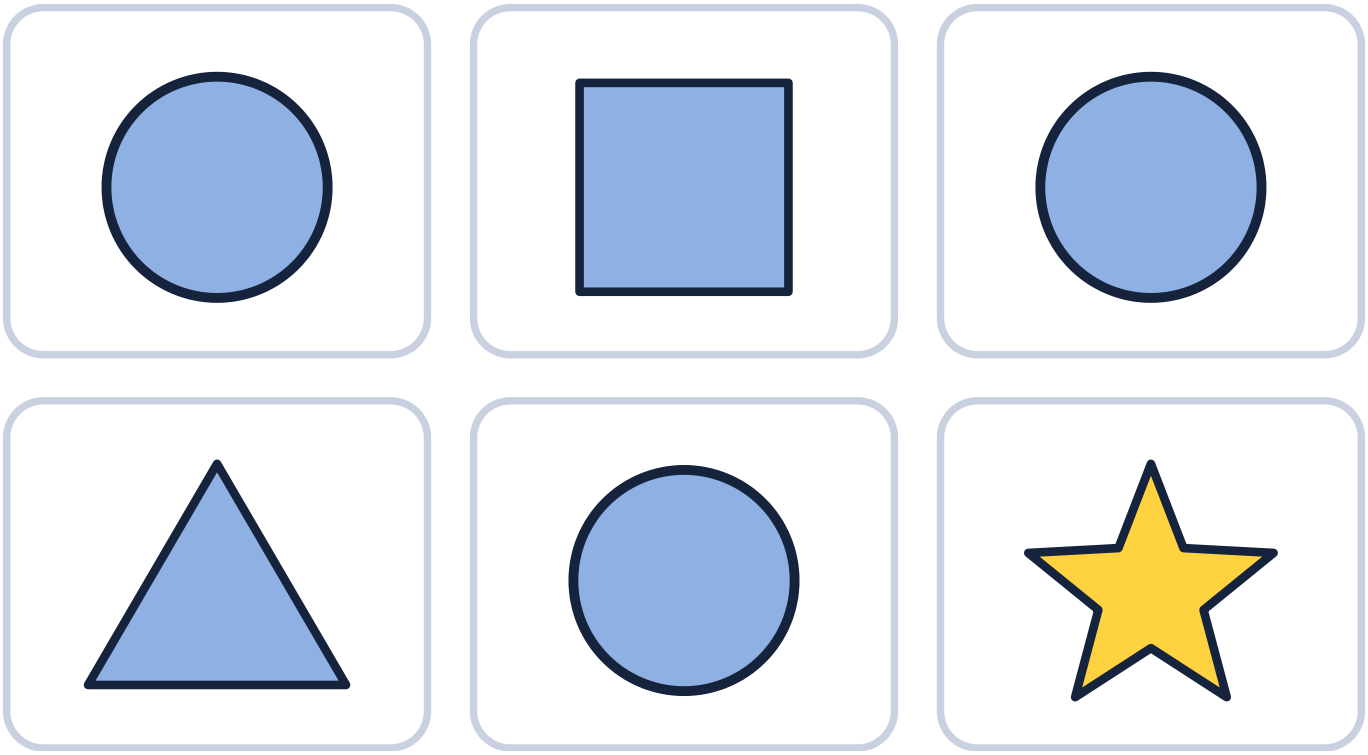


tree

**No supplies swap.** No printer? Look at a plant in your home or outside.

# Find the circles

Say: "A circle is round, like a ball. Color the circles." Your learner colors the circles and points to the round things.



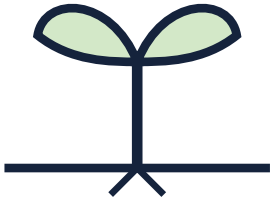
**No supplies swap.** No printer? Find round things in your kitchen.

# How it grows

Say: "First a seed, then a sprout, then a plant, then a flower." Your learner points to each step as you say it.



seed



sprout



plant



flower

**No supplies swap.** No printer? Act it out: curl up small, then grow tall.

# Path to the sun

Say: "Help the plant grow to the sun. Start at the green dot." Your learner traces each path from left to right.



**No supplies swap.** No printer? Reach from the floor up to the sky.



## Bean in a cup

**Time:** 10 minutes, then a look each day · **You need:** A clear cup, a wet paper towel, 2 dry beans (an adult holds the beans)

1. Fold the wet paper towel into the cup.
2. You slide the beans between the towel and the cup.
3. Put it by a window and look each day.

**Easier:** Your learner pours a little water. **Next step:** Draw the bean each day.

**Say this:** "Let's check our bean. Do you see a root?"

**No supplies:** Look at a plant at home every day.

**Builds: Science: seeds and growing · Stay close and keep small objects away from mouths.**

cut here



## Circle hunt

**Time:** 5 minutes · **You need:** Round things at home

1. Show a ball and say "circle".
2. Walk and find round things: plates, lids, clocks.
3. Trace each one with a finger.

**Easier:** Find 2 circles. **Next step:** Find big and small circles.

**Say this:** "Round and round. A circle."

**No supplies:** Draw circles in the air.

**Builds: Math: shapes · Stay close and keep small objects away from mouths.**



## Grow like a seed

**Time:** 5 minutes · **You need:** Space to move

1. Curl up small like a seed.
2. Slowly grow up tall like a plant.
3. Open your arms like a flower.

**Easier:** Do it together. **Next step:** Add rain and sun.

**Say this:** "Grow, grow, grow. Now you are a flower."

**No supplies:** Do it with arms only.

**Builds: Physical: gross motor · Stay close and keep small objects away from mouths.**

cut here



## Torn paper flower

**Time:** 10 minutes · **You need:** Scrap paper, a glue stick, a sheet of paper

1. Draw a circle in the middle of the sheet.
2. Your learner tears paper pieces for petals.
3. Glue them around the circle.

**Easier:** You start each tear. **Next step:** Tear long and short petals.

**Say this:** "Tear, tear, a petal."

**No supplies:** Arrange torn pieces on a table, no glue.

**Builds: Physical: fine motor · Stay close and keep small objects away from mouths.**

# Song of the week: Little seed

Little seed, little seed, sleeping in the ground,
Rain falls down and sun comes round.
Little seed, little seed, growing up so tall,
Now a flower, the best of all.

**Actions:** Grow from small to tall. **Try next:** Sing it each time you check the bean.

Original UpOnly Learning words, say or sing it in any rhythm

## Parent notes: what did you see this week?

This is not a test. Tick what you noticed, and practice the rest next week. Keep this page; it stays with you.

| I saw my learner… | Seen it | Not yet |
|---|---|---|
| Names seed, plant and flower | ☐ | ☐ |
| Finds 2 circles | ☐ | ☐ |
| Shows how a plant grows with their body | ☐ | ☐ |
| Tears paper pieces | ☐ | ☐ |

Next: week 22 of 36. If you have concerns about your learner's development, talk with your pediatrician.

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