



Things to do and talk about during your excursion:

SING A SONG!

Help your child create their own jingle/ song about plant growth to the melody of a popular nursery song.

For example: Using the 'Head and Shoulders' melody:

" Soil, sun and water too, water too, Soil, sun and water too, water too Watch the seed grow some roots, a stem and some leaves too Soil, sun and water too, water too!"



The song you create can be used in conjunction with the body activity below or you can use the video below and move along with it!

Video: https://www.youtube.com/watch?v=nrz3WM3x HA

MOVE YOUR BODY

Pretend to be a seed growing into a plant and encourage your child to play along as you act like a tiny seed sleeping under ground, then grow your roots, a shoot and finally stretch out into a full grown plant with leaves reaching out to the sunlight (see images below for inspiration).

