



# Nature Tots

*At Home*

**Growing  
up**

## *Storytime suggestion*

'We found a seed' by Rob Ramsden.

Before you read the book talk about what different plants you know? Think about where they come from and what parts every plant has. As you read the book discuss what the seed needs for it to grow.

If you don't have the book , listen to it read aloud [here](#) under the 'Growing up' section.

## *Look for signs of plants growing*

At the end of winter if you look closely you can see signs of plants starting to grow again. Some signs will be very small so you will need to look carefully at branches. Go for a walk and along the way keep a look out for signs of new spring growth. See if you can see the following signs:



*New shoots*



*Buds on trees*



*Catkins on trees*



## Role playing plants

Pretend to be a seed, curl up as small as you can and then grow your roots downwards and a shoot up towards the sky.

Let your shoot stretch up higher and higher towards the sun. Can you grow flower? Will your flower make seeds that fall to the floor? Maybe you could choose sounds to go with each stage?

## Become a plant explorer

Discover what plants you have in your garden, park or greenspace. Take a magnifier if you have one so that you can have a really close look.

First of all see how many different plants you can find– remember even grass is a plant. Look at the different shapes and colours of the leaves, stems and flowers. Did you know that some stems are square whilst others are triangular, can you feel or see the differences? What do plants smell like? Are they all the same?

## Grow some kitchen seeds

Growing your own seeds is a great way to learn about plants. If you happen to have some seeds such as cress, peas or flowers then you can grow these, but if you don't there are probably lots of seeds in your kitchen that you can try.

If you have any dried beans or lentils, soak a few of them then lay them on a bed of moist tissue and watch them sprout. When cooking with tomatoes or bell peppers save some of the seeds and grow them . Once seeds have sprouted you can carefully plant them in a soil filled pot and keep them on a windowsill so you can watch their progress.

In the meantime watch fascinating video of a bean plant growing [here](#).