

Growing Sunflowers

Age: Toddlers (18-36 months)

This activity helps your child's development in this domain: Cognitive, Language and Literacy

What You Need:



- Sunflower seeds
- Plastic cups (cardboard egg carton or recycled food containers)
- Soil
- Spray bottle
- Scoop to transfer soil to cup

What To Do:

1. Encourage your child to scoop the soil into the cup. Fill to $\frac{3}{4}$ of the cup.
2. Poke 2 holes in the soil.
3. Place a seed in each hole and cover the seeds with soil.
4. Spray the soil with water (this can be done daily).
5. As the plant grows (it usually takes a few days for a small sprout to appear), talk about how the plant is growing.



Learning to Grow

University of Hawai'i Center on the Family (CTAHR)

www.learningtogrowhawaii.org

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