

Lesson Plan: "Watch Them Grow! Seed Sprouting Experiment"

Age Group: 5 years and up

Duration: 30-40 minutes (initial setup) + Observation over several days

Objective:

By the end of this lesson, students will understand the basic process of seed germination and observe how seeds sprout and grow into plants.

Materials Needed:

- Video Tutorial by DiscoverlifeSkills.com: "Watch Them Grow! Seed Sprouting Experiment"
 - Seeds (e.g., beans, sunflower seeds)
 - Paper towels
 - Plastic baggies
 - Water
 - Tray or plate (optional for setup)
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Introduction (5 minutes):

1. Greeting & Warm-up Discussion:

- Start with: "Have you ever wondered how plants grow from tiny seeds? Today, we're going to do a fun experiment to watch seeds sprout and grow!"
- Introduce the activity: "We'll be setting up a mini greenhouse to see how seeds turn into plants right before our eyes."

2. Introduce the Concept:

- Explain: "Seeds need water, warmth, and air to start growing. By keeping our seeds in a warm and moist

environment, we can see the process of germination."

Main Activity (20-25 minutes):

1. Watch the Video (5 minutes):

- Play the video tutorial "Watch Them Grow! Seed Sprouting Experiment."
- Ask students to pay attention to how the seeds are prepared and what steps are involved.

2. Seed Sprouting Setup (15-20 minutes):

- **Step 1: Prepare the Materials** (3 minutes):
 - Gather seeds, paper towels, plastic baggies, and water.
 - **Step 2: Arrange the Seeds** (5 minutes):
 - Place a few seeds evenly spaced on a damp paper towel.
 - **Step 3: Cover the Seeds** (3 minutes):
 - Lay another damp paper towel on top of the seeds.
 - **Step 4: Seal the Baggie** (2 minutes):
 - Place the paper towels with seeds inside a plastic baggie.
 - Seal the baggie shut, leaving a little air inside.
 - **Step 5: Find a Warm Spot** (2 minutes):
 - Place the seed-filled baggie in a warm, sunny spot, like near a window.
 - **Step 6: Observe and Care** (5 minutes):
 - Explain to students that they will need to check the seeds regularly and keep the paper towels damp by adding water if necessary.
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Discussion and Reflection (5-10 minutes):

1. Group Discussion:

- Ask: "What do you think will happen to the seeds over the next few days? What do seeds need to grow?"
- Discuss the importance of water, warmth, and air for seeds to sprout.

2. Encourage Observation:

- Let students know they will be checking the seeds each day and noting any changes.
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Activity: Seed Growth Chart (Optional, 10 minutes):

1. Create a Growth Chart:

- Provide paper and drawing materials.
 - Have students draw and write about what they expect to see as the seeds grow.
 - Leave space to draw or note observations as the seeds start to sprout.
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Extension Ideas:

- **Daily Observation:** Encourage students to keep a daily journal or draw pictures of the seed's growth.
 - **Transplanting:** Once the seeds have sprouted, consider transplanting them into small pots for further growth observation.
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This lesson offers a hands-on approach to understanding plant growth and the process of seed germination. It provides students with a simple yet effective way to observe the natural process of seeds sprouting and growing into plants.