



# PLANT LIFE CYCLE

## Place of Learning:

The Classroom or (if weather permits) the F2S Garden

Grade Level: K

## Objectives and standards:

### Objectives:

- For students to understand that plants have a life cycle go from seed to plant
- For students to understand how to behave in the garden
- **K-LS1-2 (MA)** Recognize that all plants and animals grow and change over time

**Summary:** Students learn about the life cycle of a plant from the book From Seed to Plant by Gail Gibbons and reinforce their learning through “Goga” (Garden Yoga).

## Materials

From Seed to Plant by Gail Gibbons

Plant life cycle felt board

## Preparation:

### INTRODUCTION:

In the classroom, read From Seed to Plant with the students and discuss plant life cycle. Explain that I am in the kindergarten class because we are going to go in the garden and harvest some lettuce seeds and we'll watch them grow to be lettuce plants that we will eat.

### ACTIVITY:

#### SEED TO PLANT YOGA:

**Tree Pose**--*“A plant is growing. It lifts its leaves to the sun to make food and rain to make it grow. It keeps growing and growing and growing until...”*

**Mountain Pose**--*it makes a fruit or flower that is full of seeds.*

**Forward Bend**--*These seeds drop to the ground where*

**Sukhasana**-----*they wait for water and air.*

**Child Pose**--*The seed turns into a sprout.*

**Tree Pose**--*Feeling the sunlight on its leaves, the sprout turns into a plant. It lifts its leaves to the sun to make food and rain to make it grow. It keeps growing and growing and growing until...*

### REINFORCEMENT:

Ask teachers to have assessed students formally or informally about what they think the life cycle of a plant is. Go over the Garden Rules.