



All About Sprouts!

Exploring Nature Through Gardening

Goal: Plant seeds and talk about how you can care for them. Use a clear container to watch the seeds sprout and the roots grow.

[Tip]: Remember to keep the soil moist and place the plant in sunlight to make sure it can keep growing.

Why is this important? Gardening promotes scientific curiosity, grows respect and appreciation for nature.

References: McLennan, D. M. P. (2010). "Ready, Set, Grow!" nurturing young children through gardening. *Early Childhood Education Journal*, 37(5), 329–333. <https://doi.org/10.1007/s10643-009-0366-4>