

THE BENEFITS OF GARDENING AT HOME

Growing a garden as a family is beneficial. Whether you live in a small apartment, or have a large outdoor space.

Gardening is a process and requires preparation and a lot of work. When you begin this process as a family, you'll spend authentic, quality time with each other.

As you work together, you will continue to build a close relationship with your children, spouse, and other family members. As the seeds you plant together begin to grow, so will your relationship. Planting as a family makes the entire process more meaningful from start to finish.

Ask your children what type of plants they would like to plant in the garden. It's a great way to start an ongoing discussion and to plan time together no matter how busy you may be. Getting your hands dirty together fosters a meaningful experience for everyone. Planting is the perfect activity to get creative and experiment as you watch your seeds grow.



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SENSORY AND SOCIAL EMOTIONAL PLAY

SUPPLIES NEEDED:

1. Small cup
2. Soil
3. Grass Seeds
4. Kids Scissors
5. Water Spray Bottle (optional)

Work together with your child to plant grass and create grass "hair".

1. Encourage your child to decorate the cup.
2. Help your child add soil to the cup, filling the cup three-quarters full.
3. Invite your child to insert several seeds into the soil, pushing each seed about 1/4 inches into the soil.
4. Encourage your child to spray the soil with water. Be careful not to let the soil get soggy and muddy.
5. Place the cup near sunlight, such as a window, and watch it grow.
6. Make predictions with your child. Ask: How many days do they think it will take for it to grow? Write down their response and monitor growth daily.
7. After the grass is fully grown, invite your child to cut the "hair" carefully.

