

Grow a plant

WHAT YOU NEED

Printed Instruction sheet, one per child. Items listed. Coloured pencils.

KEY COMPETENCIES

Thinking	✓
Using language, symbols, and texts	✓
Managing self	✓
Relating to others	✓
Participating and contributing	✓

VALUES

Excellence	✓
Innovation, inquiry, and curiosity	✓
Diversity	✓
Equity	✓
Community and participation	✓
Ecological sustainability	✓
Integrity	✓

INSTRUCTIONS

- Use any fast growing seeds you like.** Flowers are the most satisfying plant to grow, as they quickly show children the result of their work and care. These will also make great presents. Flower seeds that germinate in less than 14 days and produce a blossom within 70 days are considered fast growing.
- Create a discussion about being patient. **What is patience?** Patience means waiting and taking turns while staying calm. It also means waiting without complaining or asking over and over again. Patience is also trying something again and again until you get it right. **Why do we need to be patient?** Being patient helps us to listen to others and to think about how other people feel. **Why is being patient so difficult?** You want something now and don't want to wait.
- Ask the children to colour in their instruction sheet, using any colours they would like.
- Follow steps 1 - 5 in this lesson.
- Check the plants daily as they grow and remind the children to water them on a regular basis.

*Each child can paint or decorate a pot for his or her plant. This is done the day before planting so the paint has time to dry.

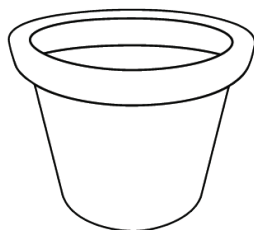


You will need:

- ✓ One flower pot per child
- ✓ Soil
- ✓ Seeds
- ✓ Trowl
- ✓ Watering can



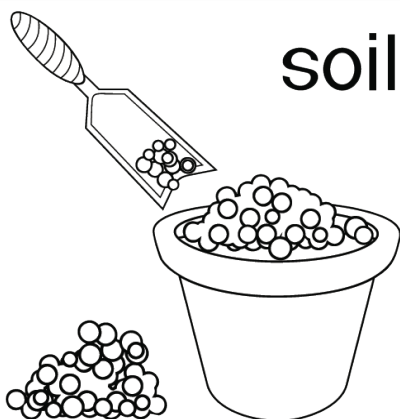
STEP 1



flower pot

Get a plant pot.

STEP 2



soil

Put soil in the pot.

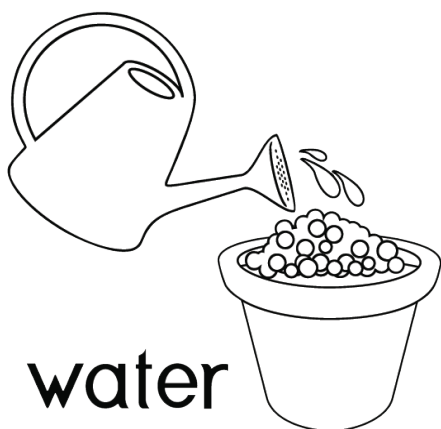
STEP 3



seeds

Put seeds in the pot.

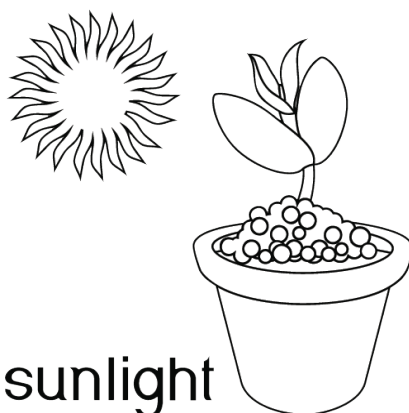
STEP 4



water

Water your seeds.

STEP 5



sunlight

Put your plant in the sun.

STEP 6



Your plant has grown.

Grow a plant

WHAT YOU NEED

Items listed. **Instruction sheet** - Display this on a large screen and print off a master copy, for yourself.

KEY COMPETENCIES

Thinking	✓
Using language, symbols, and texts	✓
Managing self	✓
Relating to others	✓
Participating and contributing	✓

VALUES

Excellence	✓
Innovation, inquiry, and curiosity	✓
Diversity	✓
Equity	✓
Community and participation	✓
Ecological sustainability	✓
Integrity	✓

INSTRUCTIONS

- Use any fast growing seeds you like.** Flowers are the most satisfying plant to grow, as they quickly show children the result of their work and care. These will also make great presents. Flower seeds that germinate in less than 14 days and produce a blossom within 70 days are considered fast growing.
- Create a discussion about being patient. **What is patience?** Patience means waiting and taking turns while staying calm. It also means waiting without complaining or asking over and over again. Patience is also trying something again and again until you get it right. **Why do we need to be patient?** Being patient helps us to listen to others and to think about how other people feel. **Why is being patient so difficult?** You want something now and don't want to wait.
- The steps on the instruction sheet are not in the correct order. Display the instruction sheet on a large screen and ask the children to guess the correct order for the steps. Write the correct numbers in the boxes on your master copy and display this in the classroom or near the plants.
- Follow steps 1 - 5 in this lesson.
- Check the plants daily as they grow and remind the children to water them on a regular basis.

*Each child can paint or decorate a pot for his or her plant. This is done the day before planting so the paint has time to dry.



You will need:

- ✓ One flower pot per child
- ✓ Soil
- ✓ Seeds
- ✓ Trowl
- ✓ Watering can



STEP



Get the flower pot.

STEP



Your plant has grown.

STEP



Put soil in the pot.

STEP



Put seeds in the pot.

STEP



Put your plant in the sun.

STEP



Water your seeds.

Rewarding Behaviour



WHAT YOU NEED

Reward chart - There are 3 different charts for children to choose from. Print the selected charts out, one per child.

Stickers - Cut stickers out to be added to the chart when they have been earned.

KEY COMPETENCIES

Thinking	✓
Using language, symbols, and texts	✓
Managing self	✓
Relating to others	✓
Participating and contributing	✓

VALUES

Excellence	✓
Innovation, inquiry, and curiosity	✓
Diversity	
Equity	✓
Community and participation	✓
Ecological sustainability	
Integrity	✓

INSTRUCTIONS

The reward chart. This uses positive reinforcement to encourage children to show good behaviours.

Whenever the child demonstrates a good behaviour, a sticker is added to the chart.

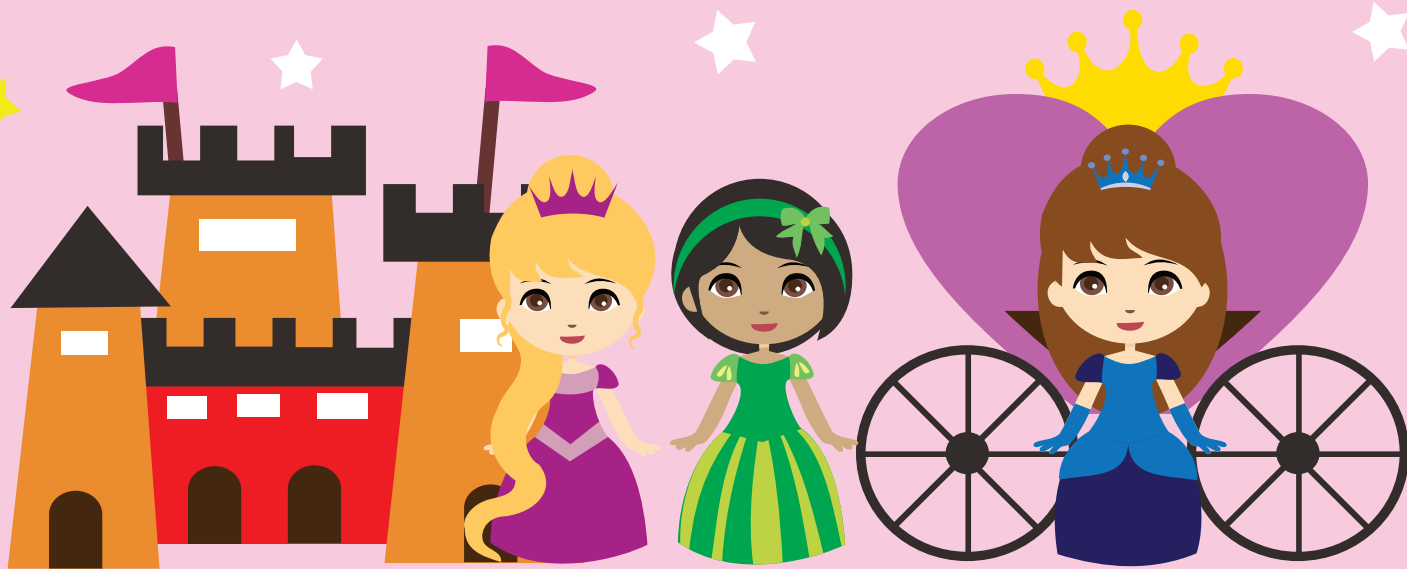
- Years 1/2** - Stickers should be pretty easy to earn and be awarded often (daily, or several times per day). When the child has collected enough stickers to complete the chart, they will earn a reward. Rewards should vary and be based on the child's interest, age, and availability.
- Although some children are better than others at delaying gratification, most children would rather have immediate rewards.
Create a discussion - If you were offered 1 lolly now, you could eat it straight away. However, if you said no and you waited until break time (or another time marker), you could have 5 lollies. Which one would you pick? How many children in your class would resist an immediate reward and show patience by waiting for one that is bigger or better?
- Display each child's reward chart in the classroom, as a visual reminder of their progress. Remember to celebrate the success of each child with the rest of the class, as they reach their goal.

*Any types of stickers can be used.



Cut out the reward sticker templates





REWARD CHART

great
job!!

START



REWARD CHART

great
job!!

START



REWARD CHART

great
job!!

START



Hide and Seek

WHAT YOU NEED

A large area with many possible places to hide. This can be played inside or outside.

KEY COMPETENCIES

Thinking	✓
Using language, symbols, and texts	
Managing self	✓
Relating to others	✓
Participating and contributing	✓

VALUES

Excellence	✓
Innovation, inquiry, and curiosity	✓
Diversity	
Equity	✓
Community and participation	✓
Ecological sustainability	
Integrity	✓

INSTRUCTIONS

- The traditional game of hide and seek is a game that helps children learn to be patient. Children who are
- “hiding” will have to show patience as they wait to be found, and children who are “seeking” have to show patience, while they count slowly to 10 (years 1/2) or 20 (years 2/3) and then find each player.
 - Chose a seeker, known as “it,” to start.
 - The seeker must close their eyes and face a wall away from the players. While the seeker counts, the other players look for hiding places and once they are positioned, they cannot move.
 - The seeker will now count to the agreed number. Once the seeker has finished counting, the hiding players must stay as quiet as possible until they are found. They are not allowed to change hiding places once the seeker has finished counting.
 - The player found last wins the game and becomes the seeker for the next round.



Years 1/2/3

30-40 mins

TEACHER

Musical Statues



Virtues

WHAT YOU NEED

Music player

KEY COMPETENCIES

Thinking	✓
Using language, symbols, and texts	
Managing self	✓
Relating to others	✓
Participating and contributing	✓

VALUES

Excellence	✓
Innovation, inquiry, and curiosity	✓
Diversity	
Equity	✓
Community and participation	✓
Ecological sustainability	
Integrity	✓

INSTRUCTIONS

1. In this activity, everyone dances as the music plays.
2. Chose one player to act as a look-out, so that they can see when players are moving or unable to hold their position.
3. When the music stops, each player must freeze immediately and hold that exact position, keeping their balance and not moving, until the music starts again.
4. If a player does not freeze immediately, they must complete 10 star jumps at the start of the next round before rejoining the dance.
5. This version of musical statues is a dance game, so it is better for players not to get “out.” However, it can also be played so that players are “out” if they are still moving when the music stops.



Milly, Molly & Lily and Beaky