

Trinity Stars Stage 1 – Activity plan – How plants grow

Stage: 1

Language aims:

- ▶ Vocabulary: seed, ground, leaves, sun, rain, big, small, green, brown, yellow, gardener
- ▶ Speaking in chorus
- ▶ Learning about plants growing

Performance aims:

- ▶ Expressive movement and mime
- ▶ Using musical instruments to create mood and atmosphere

A note about timing:

With any improvisation activities, it is hard to be exact about timing as the children may get very involved and want to continue for longer, or may not respond as you expected. However as a rough guideline, you could spend approximately 15 minutes on each activity. With very young learners it is better to do a little and often.

When rehearsing for a performance, spend at least one lesson making sure everyone knows where to move and when.

For Trinity Stars Stage 1, performances should last from 5-15 minutes.

Materials needed:

- ▶ A pot
- ▶ A bag of planting soil
- ▶ Some fast-growing seeds
- ▶ Water

Activity

Teaching about seeds

1. Ask each child to bring in a small, plastic flowerpot. Label each pot with the child's name and a symbol so that they can easily recognise which is theirs.
2. Cover a large table with old newspaper and, with the children, fill each pot with some soil.
3. Now plant the seeds in the pots. Choose seeds which will grow fast and flower too: nasturtiums, zinnias, marigolds or sunflowers for example.
4. Add a little water to each pot and then choose a warm, light spot in the classroom for them.
5. To show the importance of water and light for seed growth, you could have one pot of seeds to which you add no water and keep it covered with a dark bag, away from the window.
6. Check the progress of your seeds every day, watering if necessary.

Online resources: [Plants colouring and labelling activity](#)

Mime and movement 1

1. Show the children how to curl up as small as they can to be seeds.
2. What do the children think the seeds are doing when they are in the pot? Do they think they are sleeping? Or maybe they are giggling and chatting to each other?

The giggly seeds game

1. Put on gardening gloves, carry a watering can and tell the children that you are the gardener. All the children curl up as seeds.
2. When the gardener has her back turned to the seeds, they giggle and jiggle around. When the gardener turns around, they stop and pretend to sleep.

Mime and movement 2

1. Ask the children what their seeds needed to grow into flowers.
2. You could turn this into a game by showing them pictures of different things and asking if seeds need them; for example, milk, biscuits, the sun, rain, orange juice and so on.
3. Once you have established that seeds growing outdoors need sun and rain, you can mime being these natural phenomena.
4. How do the children want to mime being the sun? They could stand with their legs and arms apart and smile.
5. For the rain they could run quickly and make pitter-patter sounds.

Game – It's sunny, it's raining

1. Have two flashcards - one of sun and one of rain. The children dance to music.
2. Hold up the sun and say '*It's sunny!*' They stand still and 'shine' like the sun, as they have done in their improvisations.
3. Then they dance again. Hold up the rain and say '*It's raining!*'. The children run on the spot and make pitter-patter sounds. As the children become used to the game, let one of them hold the cards and call out the weather.

Online resources: [Weather flashcards](#)

Mime and movement 3

1. Now mime being seeds growing. Use slow movements.
2. Unfurl one arm, then the other, slowly stand up straighter and straighter.
3. Then raise your arms and stand on tiptoes, to show that you are tall, strong plants.
4. Add music to your mimes: You could be plants growing to some dreamy music and make your movements soft and flowing.
5. For the sun you might want to choose some more dynamic music. Perhaps the children would like to bang cymbals or drums or blow toy trumpets.
6. For the rain, try using a xylophone. Let the children play around with different ideas for sounds to match their movement.

Performance

1. Use this song/chant as it is or as a basis for your own ideas.
2. Incorporate musical interludes if you would like to use music in your performance.
3. The script and directions can be found on the next page.

Project ideas

Below are some ideas for projects that could be used with this activity plan:

- ▶ Keep a photo diary of your seeds growing. Help the children to label the photos: seeds, plants, flowers, water, light etc.
- ▶ Make paper gardening gloves. Help the children to draw around their hands onto coloured card and cut out the 'glove' shapes. Now roll up tiny pieces of brown tissue paper and glue them to the gloves. Help the children to write or trace over the word 'Seed' on the gloves.
- ▶ Cut out plant pot shapes from the card. Then make paper flowers and glue them behind the pots. Write or trace the word 'flower' onto the pot.

How plants grow performance

The children sing or chant:

The seeds: *We are seeds, tiny seeds in the ground. We're brown!*

The sun/s and the rain: *I am the sun! I am the rain! Grow, grow grow!*

The seeds: *We're growing!*
We've got small leaves!
We're green!

The sun/s and the rain: *I am the sun! I am the rain! Grow, grow grow!*

The seeds: *We're growing!*
We've got big leaves!
We're green!

The sun/s and the rain: *I am the sun! I am the rain! Grow, grow grow!*

The seeds: *We're growing!*
We're tall!
We're flowers! We're yellow!
We're beautiful flowers
Thank you, sun! Thank you rain!

All hold hands and take a bow.