

Playing At Home

GROW A SEED PET

- Put the sock into the cup/jar (to hold it open)
- Put a small bunch of seeds in the toe of the sock
- Scoop the potting soil/dirt on top of the seeds
- Close the sock up with the rubber band
- Turn it so the seeds are on top (for hair)
- Make a face
- Place the “pet” seed side up in the Mason Jar or cup a jar
- Put it on a sunny window sill and wait for the hair to grow.
 - If you keep watering your pet, the hair will keep growing for quite some time and kids can give their pets “haircuts.”

YOU WILL NEED:

An old sock

Grass seed

Dirt

Rubber band & cup or jar

Sharpies, paint, googly eyes, etc. for the face

SONG OF THE WEEK

PLANT A LITTLE SEED

Plant a little seed, watch it grow -

Soon you'll have a vegetable!

Plant a little seed, watch it root -

Soon you'll have a piece of fruit!

WHAT IS MY CHILD LEARNING?

- Planting seeds and watching what they grow into helps children make connections between how things grow and change over time.
 - Option to extend this activity: Collect seeds from the foods you eat over a week's time and notice how many different shapes and sizes seeds come in.
- Play a memory game: Which seed came from which food?
- Using a step-by-step process helps children to focus and understand how to follow directions for a desired outcome.
- Waiting for seeds to grow develops patience.
- **Physical Development:** Using small hand muscles to decorate a face promotes hand control, coordination and strength.
- **Cognitive Development:** Using seeds from familiar plants in activities makes powerful connections between daily activities (meal times) and the experience they are having.
- **Social/Emotional Development:** Exercising patience while waiting for seeds to grow promotes executive function and helps children understand cause and effect.

POWER OF PLAY MESSAGE

PLAY CONNECTS

YOU AND YOUR CHILD

- When you play with your child they feel valued
- Playing together provides a view of the world through your child's eyes



play to learn
Pierce County

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