Day 106: Garden Helpers

Learn how plants grow

Learn together

Plants need suitable light, water, air and space to grow. Children can observe a seed or existing plant over several days and record changes with drawings. Use a small amount of water and follow adult guidance. Discuss how gardeners care for soil and avoid harming insects or plants unnecessarily.

Activity 1 — Think and write or draw

Observe a plant, draw what changes and describe how you helped.

My ideas / drawing:

Activity 2 — Try it

■ I tried the activity ■ I asked a question ■ I shared what I noticed

What did I notice or learn?

Activity 3 — Challenge

Can you explain your idea to a family member, teacher or friend? What would you like to try next?

Grown-up note: Keep the activity age-appropriate, supervise where needed, and celebrate curiosity and effort.