



Plant, care and watch something grow

Just like plants, every child grows in their own way and at their own pace. Plant a bulb together and create a simple “Watch Us Grow” display to record the changes you see along the way.

Materials

- A suitable bulb, such as a daffodil, crocus or snowdrop
- A small plant pot
- Compost
- Water
- A sunny or sheltered outdoor spot
- Paper or card
- Pens, pencils or crayons
- A ruler

How to play

1. Fill your pot with compost and make a small hole for your bulb. Place the bulb inside and cover it with compost. Follow the planting instructions for your chosen bulb, as planting depth can vary.
2. Water your bulb according to its needs and place it somewhere suitable. Talk about what plants need to grow, such as water, light, warmth and healthy soil.
3. Create a simple chart to record your bulb's progress. You could include:
 - The date you planted it
 - The first day you spot a shoot
 - How tall it grows
 - When the first leaves appear
 - When the flower opens

Children can draw pictures or add measurements to their chart as their plant grows.

4. Encourage your child to check their plant every few days. Look closely. Has anything changed? Is it taller? Can you see any new leaves? Try not to disturb the bulb while you are checking it.
5. Once your plant has grown, look back at your chart and talk about how much it has changed. You could take photographs along the way and add them to your display to create a visual record of its journey.

How Does This Benefit Children?

Understanding the Natural World - Children develop an understanding of how plants grow and what they need to survive.

Observation and Patience - Watching a plant grow encourages children to observe carefully and understand that some changes happen gradually over time.

Early Maths Skills - Measuring the plant and recording its growth introduces children to early mathematical concepts such as size, height, comparison and measurement.

Responsibility - Caring for a plant gives children a simple responsibility and helps them understand that living things need care and attention.

Language and Communication - Talking about what children notice introduces vocabulary such as roots, stem, shoot, leaves, bulb, grow and flower.

Emotional Development - The activity provides an opportunity to talk about how everyone grows and develops differently, helping children understand that there is no need to rush and that growth takes time.

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