

# Teach These Children

## Fivefold enrichment



## Planting Good Seeds

It's still pretty cold out but the days are getting longer and the sun seems to make the days feel like spring is almost here. I often think about how to teach my children to experience the beauty of the outdoors in every season. In the chill of the early spring, we anticipate the warmth of the upcoming by thinking about our garden plans. We collect seeds and prepare them indoors so that there is great anticipation to plant after the last frost.

### Activity

Children love hands-on activities. The next time he/she grabs an apple, orange, or cuts up a bell pepper, help them to save the seeds. Choose one if this is new to you and research the best way to plant. Bell peppers are relatively easy to grow. Simply dry out the seeds and then put a few in a pot of dirt with the seeds just under the soil (not too deep). Put your pot on the windowsill and soon you will see beautiful little sprouts. After the last frost, when the plants become stronger you can transplant them into the dirt outside. Work with your child to water their plant on a regular schedule. If you're planting apple seeds, germinate in a wet paper towel in the refrigerator for about 6 weeks prior to planting them in a pot. Children who learn to grow are in tune to nature. Children who learn to grow, develop a healthier mindset about food, and healthy habits. When we teach our children to take ownership over what they put in their bodies; when they see their food grow from seed, they automatically begin to value fresh, whole foods less than packaged, processed foods.

### TIPS

Bell peppers are really the easiest if you're new at this ; )



### Child's belief about self...

I am capable

### Family supports development of...

Habits

### Focus area: Nutrition

### GOAL

Teach your child how to grow from seed so they learn to appreciate clean, whole foods.

1

Level