

# How Many is Too Many 1.

## Stretching from Seeds

SPINACH  
to WIN it!

### For the Classroom:

- Group structure - whole group
- Location - on carpet
- Approximate time - 10 minutes

### Common Core and Georgia Standards of Excellence:

- S3L1c. Use evidence to construct an explanation of why some organisms can thrive in one habitat and not in another.

### Reproducibles:

- "Stretching from Seeds" Yoga Pose Posters (1 set)

### Directions:

1. Have students space themselves in an open space side by side, so they are close to (but not touching) when they are sitting as a seed. Read the narrative and model the yoga sequence step by step as children follow along.
2. Ask students, "Even though you had enough room as a seed, did you have enough room to grow to your fullest stretch?"
3. Now, have children space themselves throughout the room, so they will have enough room to grow up to their fullest stretch without touching another child. Again, read the narrative and model the yoga sequence step by step as children follow along.
4. Ask students, "What can this teach us about how to plant real seeds in our real garden? Should we plant them where each seed has enough space to rest or where each full plant will have enough space to stretch out?"



Lesson written by Jenna Mobley for Georgia Organics

 **GEORGIA ORGANICS**

Grades 3-5

Science & Movement

 10 min

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