

Space for Seeds to Stretch 1.

Stretching from Seeds



For the Classroom:

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

Common Core and Georgia Standards of Excellence:

- S1L1a. Students will identify the basic needs of a plant: air, water, light, nutrients.
- S2L1c. Investigate the life cycle of a plant by growing a plant from a seed and by recording changes over a period of time.

Reproducibles:

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

Directions:

1. Have students space themselves on the carpet 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