

Stretching from Seeds

Space for Seeds to Stretch - Lesson 1



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. 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.
4. Read the narrative and model the yoga sequence step by step as children follow along.
5. Ask students, "Even though you had enough room as a seed, did you have enough room to grow to your fullest stretch?"



Lesson Created by Jenna Mobley for Georgia Organics