



# Plants

Investigate plants to learn how they grow.

## Pressed Leaves

Collect various fresh flowers and leaves. Look closely at the flowers and leaves and write some notes about what you see. Find a heavy book, and open it to a middle section. Use wax paper, newspaper, or paper towels to protect the pages and place leaves or flowers inside the book so they lay flat and don't overlap. Close the book and place some weight on it. You can put different leaves and flowers between different parts of the book. Keep the book in a warm, dry place for a week or more. Once the flowers and leaves are pressed and dry, add to your notes by writing how they changed.

## Plants and Leaves

Set a houseplant that prefers direct light near a window where it will get a lot of light. After a few days, notice how the leaves all turn so they get as much light as possible. Rotate the plant so its leaves are pointing away from the light. After a few more days, notice that the leaves have moved again to face the light. If you don't have houseplants, you can take a walk around a park and notice how some plants are "reaching" toward the sun and away from shade.



## Plant Appreciation Day

Declare a Plant Appreciation Day in your household. Observe what food items come from plant parts. Many everyday items are made from wood—paper, furniture, etc. Many of our clothes are made from cotton, which comes from plants. By the end of the day, you'll have a new appreciation for plants!

## Garden

Invite your child to participate in a gardening activity, whether it be in the backyard or inside the house. Plant some seeds, rake the leaves, trim or water plants, etc.

You can find Waterford.org books and practice pages in the **Resources & Activities** tab at [mentor.waterford.org](https://mentor.waterford.org).

## Read

Take a trip to the library or find books online. Look for books about plants that you and your child can read together. Here are some books to consider:

- *The Tiny Seed* by Eric Carle
- *The Ugly Vegetables* by Grace Lin
- *Planting a Rainbow* by Lois Ehlert

## Waterford Books

You can find these plant books in the **Resources & Activities** tab at [mentor.waterford.org](https://mentor.waterford.org).

- *A Seed Grows* by Susan Oliver
- *The Old Maple Tree* by Kathryn Maksimov

