



Garden Education - Lesson 2

Planting in the Cool Season
Parent Handout

Lesson 2: Planting in the Cool Season is the second LiveWell Kids Garden Education lesson for the 2020-2021 academic year. In this lesson, children will learn the difference of planting in the “cool season” and “warm season.” Students will use their gardening skills/knowledge and become detectives by planting mystery seeds and figuring out what kind of plants they are growing.

Materials:

- Gardening Kit (*Supplied by Beach Cities Health District – pick up at your school*)
- "Planting Instructions" video
- "Plant Detective" video

Preparation: Have child in a space with a flat working surface, such as a table, that is calm and quiet.

Vocabulary Words:

- WARM SEASON - The warmer months of the year that are conducive for growing plants whose requirements to thrive are warm weather and extended hours of sunlight.
- COOL SEASON - The cooler months of the year that are conducive for growing plants whose requirements to thrive are cooler weather and decreased hours of sunlight.
- CULTIVATE – To remove the weeds and loosen up or break up the soil to improve the amount of air, water, and nutrients a plant can get.
- AERATE – To create small holes in the soil that will allow for air, water, and nutrients to reach the roots.
- AMEND – To improve the soil by adding additional materials that improve the physical nature of the soil.

Gardening Activity:

Your child will get the opportunity to be plant detectives. They are receiving a gardening activity kit that they can complete right at home. First, you must pick up their kit from their school. Once you have picked up the kit, you will find gardening supplies inside it. These items include:

- Small compostable pot
- Small bag of potting soil
- Envelope with mystery seeds

Have your child watch the “Planting Instructions” video to identify which seeds they have and determine the depth they need to be planted BEFORE planting their seeds.

If your child is between Kindergarten and 2nd grade, have them complete as much of the task on their own as they can, but assist them when they need help. For grades 3-5, let them be more independent in planting.

Encourage your student to be a plant detective by observing their plants as they grow, using the clues in the “Plant Detective” handout to discover which plants they are growing. Hope they enjoy the activity!