




Growing Sunflowers


Learning outcomes:

KS1

- Identify the characteristics that are essential for keeping living things alive and healthy.
 - Explore and answer questions about plants growing in their habitat.
 - Observe the growth of flowers and vegetables they have planted.
 - Understand the requirements of plants for germination, growth, and survival.
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KS2

- Observe and describe the growth of a variety of plants from seeds or bulbs.
- Investigate how plants need light and water to stay healthy.
- Understand the processes of reproduction and growth in plants.



In this activity, we will engage students in the exciting process of planting sunflower seeds and observing their growth. Sunflowers can be conveniently planted in pots and then transferred to the ground as they grow bigger. This hands-on experience will provide students with valuable insights into plants' requirements and life cycle.

Contents Included:

- Sunflower seeds
 - 30 coir discs
 - Compostable pots (2 packs)
 - Growth tracking sheet (photocopied for each child)
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Contents Not Included:

- Large bowl or bucket



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Instructions:

1. Photocopy the growth tracking sheet for each student, keeping a master copy for future use.
 2. Place the 30 coir discs in a large bowl or bucket and gradually add water until they expand and create compost. This can be done in batches if the container is not large enough.
 3. Make sure each pupil has a compostable pot, then distribute the compost equally, reserving a small amount to cover the tops of the seeds.
 4. Give each student a packet of sunflower seeds. Instruct them to carefully open the packets and sprinkle the seeds on top of the compost. Distribute the remaining compost among the students, asking them to spread a thin layer over the seeds.
 5. Discuss with the class the necessary conditions for healthy plant growth.
 6. Water the seeds and place them in a sunny, warm location. Ensure the soil stays damp.
 7. Once the seeds start to grow, have the students document their progress on the growth tracking sheet. Instruct them to draw the appearance of the seeds every few days, placing a different drawing in each box on the worksheet.
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Vocabulary: Germination, Growth, Seeds, Bulbs, Sunflowers, Compost, Planting, Watering, Photosynthesis, Nutrients

