



Name _____

My Thoughts and Feelings

Surprising Seeds

We did these things:	I felt like this:
 Inside a Seed Activity	  
 About Me	  
 Sampling Seeds	  
 Arts and Crafts	  
 Games	  
 Singing	  
 Making Snacks	  
 Books and Stories	  
 Trips or Walks	  
This is how I felt about the whole meeting:	



Dear parent:

This week your child learned important information about seeds and how they grow. (See “What Children Need to Know About Seeds.”) They looked inside different kinds of seeds. They also did many other activities to help them learn about seeds.

You can help your child remember what he or she learned by doing some of the things under “Helping Children Learn More About Seeds.” As you and your child are discussing how seeds grow into plants, explain to your child that he or she is growing, too. Look at old photos and have your child point out the differences in his or her appearance through the years. Like the seed that grows into a plant, a child will someday grow into an adult!

OVER

What Children Need to Know About Seeds

- Seeds are a part of plants and can be planted to grow more plants.
- Seeds come from the fruit of the plant.
- Seeds come in many sizes, shapes, and colors.
- People can make pretty decorations using seeds.
- Seeds have different parts—the seed coat, the scar, and the baby plant.
- Some seeds can be eaten, and they contain nutrients.

Helping Children Learn More About Seeds

- Help your child plant some seeds at home, and follow the growth of the seeds.
- Take a walk around your yard, a woodlot, or park, and gather seeds from the plants and trees.
- Make popcorn with your child. Talk about how popcorn is a seed.
- Help your child sprout some seeds in a paper towel. To do this, place a few seeds in a paper towel and tightly roll up the towel. Then, place two rubber bands around it to keep it from unrolling, and put the towel in a quart jar with a few inches of water. Put the jar in a warm place. Have your child carefully unroll the towel in 2 or 3 days to check the seeds for sprouting.

