Garden Detectives: What's Growing On?

Objective: *Students will investigate the basic needs of plants, identify environmental factors that support or hinder healthy growth, observe interactions between plants and insects, and participate in hands-on garden maintenance by identifying and removing weeds.*

1. Walk students to the pollinator garden.
2. Question/Discussion**:** What kinds of things do we need to do to help the flowers and plants grow? Examples: watering, weeding, good soil, vitamin/nutrients, good weather
3. Question/Discussion: What are some things that make it hard for flowers and plants to grow and be healthy? Examples: too much / little water, poor soil, too many weeds, bugs that eat everything
4. Explore the gardens, identifying bugs and weeds in the garden.
5. Assist students with removing weeds.

Mindfulness Activity- Grow With Your Breath

Length: (1–2 minutes)

Materials: none

Guide students through gentle movements:

- Breathe in: Slowly raise your arms toward the sky like a plant reaching for sunlight.
- Breathe out: Gently lower your arms like leaves swaying in the breeze.
- Breathe in: Imagine soaking up sunshine and fresh air.
- Breathe out: Relax your shoulders and feel your body become calm.

Repeat three to five times.

Virginia Standards of Learning (SOL)

SOL Strand: Living Systems and Processes
SOL Alignment: K.7a, 1.4a, 2.4, 2.5, 3.4, 3.5

Month: August