

# SIMPLE SCIENCE

## Sunflower Sprouting Journal



### TEACHER'S GUIDE

Try these fun, hands-on activities to introduce science basics: observing, measuring, describing, comparing, experimenting.

#### **Reproducibles**    *Sunflower Sprouting Journal*

**Materials**    For each student: 4 sunflower seeds, ziplock sandwich bag, paper towel, scissors, labels, tape, and for students in grades 2–4, copies of the ***Sunflower Sprout Journal***.

**Steps**    Write the following instructions on your blackboard and demonstrate, **OR** divide class into small groups and walk each group through the steps.

1. Cut the paper towel in half.
2. Fold one of the halves in half.
3. Pour a little bit of water onto the folded towel to make it DAMP.
4. Put the damp towel into the plastic bag.
5. Use the other half of the towel to wipe up spilled water, and then throw it away.
6. Put sunflower seeds in the bag. Spread them out along the bottom.
7. Zip the bag shut.
8. Write your name and today's date on the label, and stick it on the bag.
9. Tape the bag to the inside of a sunny window. In hot, bright sun seeds should face into the classroom; in milder sun, seeds should face out.

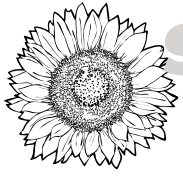
**Observe**    Check seeds two or three times every day. *How are they changing?* Allow students 15 to 20 minutes to write what they see in their observation journals. Younger students should tell what they see out loud.

On the first day, describe how seeds were set up for observation.

Once seeds have sprouted, start recording what happens every day. Remove a sprout from a bag and look at it with a magnifier. Be sure to zip the bag when you're done and return it to the window.

**Measure**    As seeds sprout, measure every day. Measure once in the morning and once at the end of the school day. Use standard rulers. If you have metric rulers, have some groups record the metric measurement. Write down how long sprouts are in the journal.

**Draw & Name**    When your sprouts have a few leaves, draw a picture and name the parts. Older students should write names on their drawings—root, stem, seed leaf, leaf. Two seed leaves, also called cotyledons, emerge first from the stem. Other leaves sprout above the seed leaves.



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**Sunflower Sprouting**  
**Journal**

Name .....

Date	What happened?
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