

Physical Education

- Gardening involves physical activity such as digging, planting, and carrying watering cans, which help develop gross motor skills and muscle strength.
- It encourages outdoor play and physical movement, promoting overall fitness and well-being.
- Engaging in gardening activities can improve coordination and balance, as children navigate uneven terrain and handle gardening tools.
- Through gardening, children learn about the importance of caring for living things and understanding the connection between physical activity and healthy living.

Science

- Children learn about the life cycle of plants, from seed to sprout to mature plant, fostering an understanding of biology and ecology.
- They explore the concept of photosynthesis and the role of sunlight and water in plant growth, learning about fundamental scientific principles.
- Gardening provides an opportunity to observe and learn about different plant species, their characteristics, and their specific needs for growth and survival.
- By engaging in hands-on gardening activities, children develop an appreciation for nature and gain practical knowledge about the environment and ecosystems.

Encourage continued development by involving the child in seasonal garden planning, teaching them about crop rotation, companion planting, and experimenting with different soil types. Additionally, integrate scientific observations such as tracking plant growth, monitoring insect activity, and recording changes in the garden over time. Encourage the child to explore the interconnectedness of the natural world through gardening and to continue learning through experimentation and hands-on experience.

Book Recommendations

- [The Carrot Seed](#) by Ruth Krauss: A classic story about a little boy's patience and determination in growing a carrot from a seed.
- [How a Seed Grows](#) by Helene J. Jordan: This book provides a simple and clear explanation of the growth process of a seed into a plant.
- [Up in the Garden and Down in the Dirt](#) by Kate Messner: This book explores the interconnected ecosystem of a garden, both above and below the ground, providing a rich understanding of the natural world.

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