

Objective

By the end of this lesson, the student will understand the basics of photosynthesis, how it helps plants grow, and why it is important for our environment. The student will be able to explain what plants need to make their food and why they are so special!

Materials and Prep

- Paper and crayons or markers
- A small plant or a picture of a plant (if available)
- A sunny window or a spot outside

Before the lesson, make sure to find a comfortable spot with good light for the activities. If you have a small plant, that will be perfect to use during the lesson!

Activities

- **Plant Observation:**

Take the small plant outside or to a sunny window. Ask the student to look closely at the plant and describe what they see. Discuss the leaves, stems, and any flowers. Explain that plants use sunlight to make their food.

- **Photosynthesis Drawing:**

Have the student draw a picture of a plant in the sun. Encourage them to use bright colors for the sun and green for the plant. As they draw, talk about how the sun helps the plant grow and make food.

- **Sunlight Dance:**

Play a fun game where the student pretends to be a plant. When you say "sun," they stretch their arms up high to soak up the sunlight. When you say "water," they bend down to drink. This will help them remember what plants need to grow!

Talking Points

- "Plants are like little chefs! They make their own food using sunlight, air, and water."
- "What do you think happens when the sun shines on a plant? That's when they start cooking!"
- "Can you see how leaves are like solar panels? They catch the sunlight!"
- "Do you know why plants are important? They give us oxygen to breathe!"
- "If plants didn't make food, we wouldn't have yummy fruits and vegetables to eat!"