

Objective

By the end of this lesson, the student will learn how to prepare raised garden beds with topsoil, plant seeds, and support tomato plants using the Leaf'd box sprouts curriculum. The student will gain hands-on experience in gardening and understand the basics of plant care.

Materials and Prep

- Top soil
- Raised garden beds
- Seeds (tomato and other vegetables)
- Leaf'd box sprouts curriculum guide
- Garden tools (shovel, trowel, watering can)
- Stakes or tomato cages (for supporting plants)
- Gloves (optional)

Before the lesson, make sure to read through the Leaf'd box sprouts curriculum to understand the steps and tips for planting and caring for seeds. Prepare the garden area by ensuring it's clean and ready for planting.

Activities

• Preparing the Garden Beds

Start by filling the raised garden beds with topsoil. Encourage the student to use their hands or a shovel to spread the soil evenly. Talk about how plants need good soil to grow strong and healthy.

• Planting Seeds

Next, it's time to plant the seeds! Help the student make small holes in the soil and place the seeds inside. Explain how seeds are like tiny packages of potential waiting to grow into plants.

• Supporting Tomato Plants

Once the seeds are planted, show the student how to set up stakes or tomato cages. Discuss why tomato plants need support as they grow tall and heavy with fruit. This is a fun way to learn about plant growth!

• Watering the Garden

Finish up by watering the newly planted seeds. Let the student use the watering can and explain how water helps seeds sprout and grow. It's like giving the plants a drink!

Talking Points

- "Did you know that soil is like a bed for plants? It's where they sleep and grow!"
- "Seeds are amazing! They can turn into big plants if we take care of them. What do you think will happen when we plant these seeds?"

- "Tomato plants can get really tall. That's why we give them a little help with stakes or cages. It's like giving them a hug!"
- "Water is super important for our plants. Without it, they would get thirsty and sad. Let's make sure they get a nice drink!"
- "Every plant has a job to do! What do you think our tomato plants will do when they grow up?"
- "Gardening is a fun way to learn about nature. What else do you think we can grow in our garden?"
- "Taking care of our plants is like being a superhero! We help them grow strong and healthy."