

Li'l Green SPROUTS



WELCOME!



WELCOME TO LI'L GREEN SPROUTS!

This Canadian Wildlife Federation program is designed to help young children experience the wonders of our natural world right outside their door. The main parts of this program include:

- » A gardening kit with a notepad, pencil, magnifying glass, activity booklet, tote bag and tools. Also included are fun activity sheets that teach about Canadian plants and animals and encourage your child to discover them outside.
- » Online resources including additional activity sheets to print, supporting links, the chance for you and your child to ask questions, share photos, gardening tips and more! Check often for exciting new additions.



This activity booklet has something for the different moods, interests and abilities of young children. Many activities are open-ended, leading to new discoveries, creations and good old-fashioned fun. Others are more structured, but these too can act as springboards for your child's imagination, inspiring their own unique version of the activity – or maybe a new one! Variations and tips are included to help you tailor the experience to different ages, interests, materials at hand and time availability.



PHOTOS: SUSAN BRILLANT

We hope you and the children in your life enjoy many special moments with one another and nature through this program. Please help us inspire others to **discover, enjoy** and **care for nature** by sharing your ideas and how your children's observations and imagination lead them to create in new ways. Please send us photos of your children in action, or their poems, drawings, photos they take or songs they make up. You can upload them to CanadianWildlifeFederation.ca/lil-green-sprouts. Thank you!

ACTIVITY TIPS

- » While these activities are a good starting point, follow the child's lead to encourage curiosity, creativity and fun learning experiences.
- » If a child is having difficulty with a step, relate it to what they know. (For instance, planting a seed is like being tucked into bed.)
- » Don't let the weather stop you. Gentle rain or morning frost can stimulate your child's senses and creativity in new ways.
- » Some plants, like poison ivy, ragweed and even squash leaves, can irritate or trigger allergies. You probably know the plants in your garden, but be mindful if you are planning on touching and smelling plants elsewhere. Find out about potentially irritating plants in your area through local garden or nature clubs or your provincial ministry dealing with natural resources.
- » Read ahead to get a sense of how to support the child, when best to do the activity or how much set up time you need (if any) before you involve your child, both for safety and interest purposes. Older children may want to participate in the preparation, so keep in mind their interests and abilities for all steps.
- » The age given for each activity assumes that there will be adult help or supervision. If your child is older, they may be able to do part or all of the activity independently. All children, however, will enjoy your company, interest and enthusiasm!
- » Many activities can be done with household items such as old funnels, jugs, sieves, spoons and ice cube trays. It's amazing how many ways a child will just dive in and find uses for these simple items.
- » Adult supervision is recommended for very young children using the garden tools.
- » Your tools will last longer if put away after use.
- » If you need gardening tips and ideas, visit CWF's WildAboutGardening.org.

BENEFITS OF GETTING OUTSIDE



Being outside is proven to help people of all ages mentally, emotionally and physically. Some benefits include better sleep, calmer moods and, especially when making direct physical contact with the earth, improved immune system.

Gardening in particular has been shown to reduce stress, foster a sense of accomplishment in people and improve self-esteem. Children who garden generally become more interested in eating fruits and vegetables, gain greater knowledge about plant ecology and the grasp the concept of self-sustainability.

This Li'l Green Sprouts program adds to this the discovery of Canada's remarkable wildlife and our connection to it. It also encourages sensory exploration in a mix of physical activity and quiet moments while nurturing observation, coordination and language skills. Moreover, the activities explore cause and effect, inspire creativity and provide an opportunity to care for another living thing. Of course, one of the most important benefits of using this kit is having fun while fostering a lifelong love of nature!

Enter this code on the Li'l Green Sprouts website to get full access to the resources: **GARDENFUN**

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NATURE TREASURE HUNT



Gathering leaves, acorns and other natural items is always a hit with children. The fun of exploring, discovering and collecting can lead to other quality moments such as sorting, counting and observing the items. Children can also use these treasures in other activities found in this book or those of their own invention!

AGE: 2+

SEASON: Spring, summer, autumn, winter



MATERIALS:

- » A basket or similar container



DIRECTIONS:

1. Collect natural items found on the ground, such as leaves, cones, small sticks, bark, seeds, feathers, pine needles, shells, stones, part of an old paper wasp nest, etc.
2. As you gather, look for clues to figure out where it came from (e.g., matching a leaf or cone with its tree).

EXPLORING & PLAYING



3. At home, examine and arrange by type, shape, colour, use or any other way the child wishes.
4. Keep on a nature table or in the basket for future use (Fairy Garden, Framing Fun, etc.).



OBSERVATIONS:

- » What do the items feel/smell/look/sound like? What patterns or neat shapes do you see? Why do you think they are like that?



TIPS:

- » It's preferable to collect things already on the ground as, for example, plants need their leaves to make food and trees need bark for protection.
- » If you are not on your own property, check for permission to collect things, as some parks prohibit collection of any items. In this case, examine your treasures as part of your outing and have fun with them, perhaps by making a picture by arranging them on the ground.



VARIATIONS:

- » Challenge yourselves to find specific items likely to be found. For instance, 10 leaves, one feather, three shells and two cones. Or leaves with different edges (wavy, pointy like teeth, smooth), colours (brown, green, yellow), shapes (long like a spear, heart-shaped, widest at the middle) or items with different textures (soft, hard, fuzzy).



TOSS AND TAG



Chasing and catching seeds, feathers and leaves as they float in the air are easy and fun activities for children of all ages.

AGE: 1+

SEASON: Spring, summer, autumn



MATERIALS:

Whatever is available – milkweed, ash or maple seeds, downy feathers, leaves

EXPLORING & PLAYING



DIRECTIONS:

- » Toss the seed, leaf or feather in the air and let your little one(s) chase and catch them. Chances are they will want you to do it again and again. Older children will probably want to take turns with you.



OBSERVATIONS:

- » Look how it moves in the air. Why do you think it floats, spins or falls like that? (Answer: the strength of the breeze, they are made differently.) If you play with various materials how do they move differently?
- » If you are using feathers, why do some birds have fluffy feathers? (Answer: for warmth.) Why do some have sleek feathers? (Answer: to shed water.)



TIPS:

- » Milkweed seeds float gracefully, and if there is a breeze they can travel a fair bit. Light downy feathers move similarly. Ash and maple seeds will spin around like helicopter blades as they fall to the ground.



VARIATIONS:

- » Impatiens seed heads/pods (from the popular annual plants and native jewelweed plants) will burst at the lightest touch, sending seeds flying. It's a fun sensation and another way of seeing how plants disperse their seeds.





I AM...WHATEVER I WISH!



What child can resist the idea of pretending? Here you invite them to become something that they may have seen in the garden or simply imagined.

AGE: 18 months+

SEASON: Spring, summer, autumn, winter



MATERIALS:

» None



DIRECTIONS:

1. Help your child notice or remember some plants and animals and invite them to become one of them. Alternatively, they may wish to become a cloud, the breeze, a fairy or something else.
2. Let your child's imagination fly, but if they are very young, they may need to copy you. If you are being a butterfly, flap your wings gracefully and pretend to sip nectar from a flower. If you are being a tree, put your

EXPLORING & PLAYING



backs to one and feel your feet against the soft grass and imagine roots growing deep into the earth and your arms/branches reaching up to the sky and sun. Breathe in the light and imagine it energizing you. Hop like a frog or toad, crawl and sniff around like a raccoon or skunk, dash around and pretend to gather nuts like a squirrel. Older children may get very creative and make up a busy bee song, a leaf-blowing-in-the-breeze dance, or they may want to tell their story in pictures!



OBSERVATIONS:

- » What did you like best? What did it feel like? Did things look different? How?
- » If your child was an animal: How did you move? Did you make a sound? Why might animals make those sounds?





GARDEN DETECTIVE



Rather than collecting items, now it's time to notice the plants and animals in their element. Children love getting up close and watching the bugs and other critters do their thing. Have fun helping your Garden Detective use their other senses to discover what else is going on around them!

AGE: 2+

SEASON: Spring, summer, autumn, winter



MATERIALS:

- » Magnifying glass
- » Pad of paper and pencil (optional)



DIRECTIONS:

1. Find an inviting spot in the garden and sit or lie quietly in a comfortable position.
2. Look around and notice all you can see (e.g., fluffy clouds drifting by, leaves waving above your heads, an insect on a flower).

EXPLORING & PLAYING



3. Now close your eyes and notice all you hear (e.g., birds singing, insects humming, leaves rustling).
4. With your eyes opened or closed, repeat the process with your sense of touch, using fingers, cheeks and feet to sense the differences with grass, moss, bark, petals, the breeze, etc.
5. Repeat with the sense of smell and then – if it is safe to do so – taste.



OBSERVATIONS:

- » Think about all you've observed. Why is it there? What does it do? How does it affect us?



TIPS:

- » Younger children may need to move around the whole garden rather than sit in one spot for all five senses. Let them walk and crawl to visually explore grass, logs, bark, etc., stopping every now and again to notice with their other senses! If they need it, point out things to help them focus.
- » Go often to the same place and observe any changes as a result of the weather, time of day, season, etc.
- » Use all you've noticed as ideas for "I Am...Whatever I Wish!"



VARIATIONS:

- » Find all the colours of the rainbow (e.g., red flower, orange bug, yellow sun, green grass, blue sky, purple fruit, pink shimmer in a shell). If you can't see them all right now, keep looking during the rest of your day or week.
- » Do this while exploring the whole garden – get up close to the grass, logs, bark and soil. Use the magnifying glass to see even more detail.
- » Make a circle with your hands. Look through this and share what you see.

BUG BUDDY



Create an area where butterflies can drink mineral-rich water or other beneficial insects can perch and drink water.

AGE: 18 months+

SEASON: Spring, summer, autumn



MATERIALS:

- » Plastic or clay tray, the kind used under a pot
- » For butterflies: soil, compost or sand
- » For other insects: stones, shells or sticks
- » Water

EXPLORING & PLAYING



DIRECTIONS:

1. For butterflies, place soil in the tray and moisten. Water it when it dries out.
2. For other beneficial insects like bees, beetles, wasps and flies, fill the tray with water and place stones just large enough to rise above the water line where visiting insects can perch to drink.



OBSERVATIONS:

- » Keep the dish where you can easily watch it when you are outside and notice who comes to drink. How are the insects similar to us? (Answer: we both need water.)
- » Why they are in the garden? Where do they live? What do they eat and how do they help the garden?



TIPS:

- » Change the water weekly to prevent mosquitoes from breeding and to keep the dish clean.





MUD MUFFINS



Children usually love the chance to get mucky. Making mud creations, perhaps mud cakes for an afternoon tea party or a muddy monster friend, is a fun way to spend time together.

AGE: 18 months+

SEASON: Spring, summer, autumn



MATERIALS:

- » Muffin tin, ice cube tray or small plastic or metal bowls
- » Tools in kit
- » Soil (and water, if soil is dry)
- » Items found around the garden such as small sticks, cones or flowers



EXPLORING & PLAYING



DIRECTIONS:

1. Loosen soil with garden tools and place in the containers with hands or tools (or old spoons).
2. If needed, add water to moisten the soil.
3. Decorate with items from your treasure hunt or whatever flowers, leaves, sticks, etc. are handy. Or let the soil sit until it is solid enough to remove from the container and then gently decorate it.





WHITTLING WOOD



Many know the pleasure of working with wood, and whittling with a potato peeler is an easy way for a child to experience this satisfying activity. They can simply smooth the wood or turn it into a tool or simple figurine.

AGE: 3+

SEASON: Any season



MATERIALS:

- » Potato peeler
- » Stick or small chunk of wood



DIRECTIONS:

- » Sit in a comfortable spot and hold the wood in one hand and peel it with the other hand, moving the peeler away from the body as it slides along the wood.

EXPLORING & PLAYING



OBSERVATIONS:

- » Are there any knots in the stick/wood? Why are they there? (Answer: they are marks from where a branch grew.)



TIPS:

- » If you child is very young, show them how to slide the peeler along the stick or hold their hands the first few times as they gain control.
- » If you have safety concerns, avoid brand new peelers which are sharper than older ones.
- » If the wood becomes smooth, they may enjoy keeping it simply for holding or sliding their fingers along, similar to a worry stone. If they make a few, they can be used to stack, build or use in a made-up game. They might want to use them as figurines, but don't worry about them not having faces and such, as your child's imagination adds whatever may seem lacking in adult eyes.

Thanks to Jill Bienenstock for this wonderful idea!





OBSTACLE COURSE



Children of all ages love the chance to crawl, run, skip or leap around outside, and the fun challenge of making their own obstacle course is a great way to channel their energy and creativity and improve coordination.

AGE: 18 months+

SEASON: Spring, summer, autumn, winter



MATERIALS:

- » Whatever natural items are available

EXPLORING & PLAYING



DIRECTIONS:

- » Make up different things to do at different stations that you can all do together as a race or one at a time just for fun. (E.g., Go to the red flower and pretend to gather pollen like a bee, crawl to the oak tree like a raccoon, dash around it twice like a squirrel, hop to the tall grass like a rabbit, flap your arms to the pink flower and drink nectar like a butterfly, sit for three counts on a sunny stone like a snake and then run or skip back as yourself!)



TIPS:

- » Young children will need your ideas and examples to lead them, whereas older children will make up their own but will probably still want you to join in!
- » Not all adults will be able to keep up, so you can be the counter instead or simply cheer them on for fun.



CHIA CHUM



This structured activity gives children the chance to grow a plant from seed. You will need to allow some time to prepare the containers, decorate them and, if you are using glue, let them dry before you start planting. In a few days, "hair" or "fur" will grow until one day your plant may need a haircut!

AGE: 3+

SEASON: Spring, summer, autumn, winter



MATERIALS:

- » Newspaper
- » Scissors
- » Hammer and thin nail or drill (for holes in bottle)
- » A two litre plastic bottle with lid
- » Googly eyes – bought or made with paper
- » Wet glue
- » Potting soil and trowel
- » Chia, grass or wheat seeds
- » Water



DIRECTIONS:

1. Cut the bottle in half and put a few small holes in the bottom with a drill or hammer and nail.
2. Glue on googly eyes and the lid for a nose. Let dry. Alternatively, draw on the face with paint markers.
3. Spread the newspaper and fill the bottle $\frac{3}{4}$ with soil.

GROWING



4. Sprinkle seeds on the soil and cover with a thin layer of soil. Gently water.
5. Keep on a dish in a bright spot and water when the soil begins to dry out.



OBSERVATIONS:

- » Check daily. As leaves and roots become visible, ask your child how they help the plant? (Answer: roots drink water and gather nutrients; leaves make food from the light via a process called photosynthesis.)
- » Find the plants around your home. How do they help everyone? (Answer: roots keep soil from washing away. Leaves make shade and air, are beautiful to see, provide homes and food for animals or food for humans.)



TIPS:

- » The more seeds you sow, the thicker the green growth will be.



VARIATIONS:

- » For an easier version, grow the seeds in a pie plate or tray for plant pots. When thickly grown, play in it with toy figurines.
- » Instead of a bottle, make egg cup buddies. Crack an egg at one end, empty the yolk, rinse and dry the shell. Poke a small hole in the bottom for drainage or simply ensure it is not overwatered. Draw on the shell, then fill with soil and seeds as above.
- » Cut the bottle on one side and place it sideways with the open side upwards to make an animal. The seeds that grow from out of the open upper side can be fur or porcupine needles.
- » Grow a cat grass treat for your indoor feline friend! Try wheat, oat or barley grass and place near your cat's favourite sunning spot once the leaves are lush and green.



SUSAN BRILLIANT

BLOOMING BOOTS



Planting colourful flowers in old rain boots is an activity that can be enjoyed for the whole growing season, from choosing, planting and arranging plants to watching them grow and feed your local bees and butterflies.

AGE: 2+

SEASON: Spring, summer (planting and enjoying), autumn (enjoying)



MATERIALS:

- » Drill or hammer and nail
- » Old rain boots
- » Soil
- » Tools in kit
- » Plants
- » Water



DIRECTIONS:

1. Using the drill or hammer and nail, put a few small drainage holes in each boot.
2. Fill the bottom of each boot with soil using a trowel, your hands or a scoop.

GROWING



3. Place plants in boots and water them. Cover root ball with soil and lightly water it.
4. Put the boots in a location suited to those plants – partial shade or sun.



OBSERVATIONS:

- » Watch to see who visits, what they do and how they move. Why are they there? (Answer: for food from nectar and pollen perhaps.)
- » When transplanting, notice how the roots hold the soil together and think of how the trees, shrubs and other plants do that under our feet. How does that help us? (Answer: keeps soil from eroding slopes or washing into waterways, etc.)



TIPS:

- » Leave room at the top of the boot so the water has space to move into the soil rather than spill over the sides.
- » Keep the boots in a place your child can easily reach for touching, tasting (if the plants are edible), smelling and watering.
- » If you don't have enough old boots, get additional pairs at a second hand store.



VARIATIONS:

- » Grow from seed early in the season, using plants whose roots don't get too big such as thyme or nasturtium. Follow directions on seed package.
- » Play with colour by matching flowers to boots, totally contrast them or plant a few variations to make a rainbow.



A GARDEN FOR ALL SENSES



Children will enjoy planting a garden with you that appeals to their senses, including yummy herbs, fruits and vegetables. It will also be a place to enjoy as the plants grow and wildlife visit them.

AGE: 3+

SEASON: Spring, summer (planting and using), autumn (using)



MATERIALS:

- » Pots filled with soil or a patch of garden to dig in
- » Trowel in kit for filling pots or appropriately-sized shovel for digging
- » Plants that **smell** when you press the leaves between your fingers (basil, lavender, lemon balm, oregano), are **tasty** (herbs like basil, lemon balm, lemon thyme and mint, plus fruits and vegetables like strawberries, tomatoes and carrots), are fun to **touch** (fuzzy sage leaves, feathery dill leaves), make a **sound** to hear (blue indigo seed pods, some very dry beans) and have various colours and textures to **see** (purple basil, carrots, chives, red cherry tomatoes)

GROWING



DIRECTIONS:

- » Dig your plant into a desired spot in the ground or pot by making a hole big enough for the root ball. Place the plant, water it and then cover the roots with more soil. Gently pat down to help the soil stay in place, but still allowing water and air pockets for the roots. Water gently.
 - Visit often to enjoy and harvest food plants to make salads, pizzas, teas and soup.



OBSERVATIONS:

- » Run your hands through or across the plants. What do you feel? Rub a leaf between your fingers. What do you smell?
- » Consider all senses. Taste the plants if they are edible or listen to the plants as you run your hands over them.
- » What tiny wild neighbours can you see? Perhaps a worm or beetle? What are these creatures doing and why do you think they live there?



TIPS:

- » Closing your eyes helps you experience your other senses more fully.
- » Choose a spot that the children will frequently visit such as along a path, near the steps to a deck or patio or at the entrance to a favourite spot.
- » Match plants to their preferred growing conditions such as full sun or partial shade.
- » Place tall plants at the back and short ones at the front and sides so each plant is visible and accessible.
- » Give the plants a few days to adjust before you start rubbing leaves for smell.



VARIATIONS:

- » Start plants from seeds early enough in the season, either indoors under grow lights or in a cold frame outside.

FAIRY GARDEN



Help your child create a fairy garden – a natural and imaginative version of a doll’s house or Lego village! With natural items and a plant or two, they can play with their toys or pure imagination. If a child isn’t into fairies, you can tailor the concept to Lego people, dinosaurs or anything else that inspires them.

AGE: 2+

SEASON: Spring, summer, autumn



MATERIALS:

- » Large pot filled with soil or a patch of garden to dig in
- » Tools in kit
- » One or two plants
- » Natural items – acorn tops, shells, cones, small stones, twigs, etc.



DIRECTIONS:

1. Dig plant into a desired spot in the ground or pot by making a hole big enough for the root ball. Place the plant, water it and then cover the roots with more soil. Gently pat down to help the soil stay in place, but still allowing water and air pockets for the roots. Water again.

GROWING



2. Arrange the odds and ends – perhaps a half-eaten cone for a lamppost, shell for a pool, bark for a door or stones for a walkway with space for music and dancing!



OBSERVATIONS:

- » What would it feel like to live there? What do fairies do in this garden and what songs might they sing? Pretend to be a fairy – what would you like to do?
- » When you water the plant (using a gentle spray), where does the water go? (Answer: into the earth. If water runs away, the soil may be too dry or too sloped.)



TIPS:

- » Keep the plant’s soil moist in the first few weeks while it adapts.
- » Annuals flower the whole growing season, giving lasting colour.
- » Help retain moisture, keep weeds down and return nutrients to the soil by adding mulch (untreated bark chips, chopped leaves from last year, grass clippings etc.) around the plant. This opens a new conversation about composting and the natural cycles of nature.



VARIATIONS:

- » If you have the space in your garden, incorporate larger items like a tree stump, log or rock.
- » Make natural figurines with pinecones, sticks, etc.
- » If your child prefers, create an area big enough for them (rather than their toys) to dance and play around in, such as a circle garden.



LEAF RUBBING



Children often find this activity magical as they see the pattern of the leaf emerge while they rub the paper with a crayon. It highlights the different shapes of leaves and veins, triggering questions and ideas.

AGE: 2+

SEASON: Spring, summer, autumn



MATERIALS:

- » Crayons
- » Paper
- » Leaves of different shapes and sizes



DIRECTIONS:

- » Take a leaf and place under a piece of paper.
- » Rub a crayon on the paper, in the area of the leaf.
- » Leave as is or repeat with another leaf in another position.



OBSERVATIONS:

- » What patterns can you spot in the veins? Why do you think leaves have veins? (Answer: to carry nutrients.)
- » How would you describe the different edges of the leaves? Do the leaf shapes remind you of anything? (Answer: teeth, hearts, eggs, etc.)



TIPS:

- » For younger children, tape the leaf stem to the paper.
- » The long, flat side of crayons works best.
- » If you collect leaves and do the craft on different days, press the leaves to prevent curling. Place them in a flower press, or between paper and under a stack of heavy books and leave for a couple of days.



VARIATIONS:

- » Older children might enjoy tracing the veins with a marker of the same or different colour.
- » Take your paper and crayons outside and make rubbings of tree bark.





PLANT PRINTS



Children will love the banging in this activity as well as seeing colourful leaf imprints emerge on their paper.

AGE: 3+



SEASON: Spring, summer, autumn

MATERIALS:

- » Fresh leaves of various shapes and colours (Colourful leaves tend to work best.)
- » Paper, the thicker the better
- » Small, light wooden or metal hammer



DIRECTIONS:

1. Place leaf between two sheets of paper.
2. Bang the area of the leaf with the hammer, remove paper and voilà!

ARTS &
CRAFTS



OBSERVATIONS:

- » Which leaves worked best? Why do you think some leaves work better than others?
- » Why is the leaf stalk (petiole) thick in some places? (Answer: Where the leaf was attached to the branch.)



VARIATIONS:

- » Put the leaves between a piece of paper and paper towel and see how the results differ.
 - » Try this with other items like colourful berries and squishy flowers. As these items are moist, make sure to wear old clothes and place the berries or flowers between muslin instead of paper.
3. Turn the print into a notecard, bookmark or gift tag, or it a put in a frame to hana.





FRAMING FUN



Here's a chance for your child to create a fun frame for their drawings or photos, or to give as a present, using natural treasures, a tissue box and glue!

AGE: 2+

SEASON: Spring, summer, autumn, winter



MATERIALS:

- » Leaves, flowers, seeds, shells, small twigs, etc.
- » Wet glue
- » Tape
- » String
- » Scissors
- » Tissue box



DIRECTIONS:

1. Cut out the top of the tissue box and widen the opening (enough to see a picture once done). Keep the border wide enough for gluing on some treasures.
2. Tape or glue some string on two of the back sides so that it can be hung once finished.
3. Glue leaves, etc., on the frame and let dry.
4. Tape a picture to the back of the frame and hang it on a wall or doorknob!



TIPS:

- » If the child already has a picture to frame, ensure the frame is the correct size, so you see the picture and it overlaps just enough to attach at the back of the frame. Make sure your child is okay with the edges being covered.
- » The bigger and heavier the item, the more glue you will need to hold it in place and the longer it will need to dry.



VARIATION:

- » Instead of a picture, use your children's favourite words or messages that help set a fun or peaceful tone.
- » Instead of using the tissue box, tie twigs together and glue the picture to it.





CROWNS FOR KINGS AND QUEENS

ARTS &
CRAFTS



Here's a simple craft where you create a beautiful crown of leaves to wear and play in.

AGE: 3+

SEASON: Spring, summer, autumn



MATERIALS:

- » Leaves (and other natural items)
- » Glue or double-sided tape
- » Scissors
- » Paper



DIRECTIONS:

1. Look around for leaves and other items that are light and flat enough to use.
2. Cut some paper in a strip (long enough to wrap around the child's head) approximately 10 centimetres wide.
3. Glue the leaves and other items to the crown.
4. Glue or tape the crown ends together. Let dry if using glue, then go prance and dance in your wonderful new crown!



OBSERVATIONS:

- » Do some items stick better than others? Why do you think that is? Do you feel different wearing your crown? Are you a magical being? How about a prince or princess?



TIPS:

- » Help your leaves last longer by pressing them for a day or so in a flower press, between the pages of a phone book or under a pile of books so they don't shrivel up on the crown. Don't leave them too long or they might dry so much they crack.
- » If using double-sided tape, cover it well with leaves or else your child's hair could stick to the exposed tape.
- » If you plan on doing this while on a walk, prepare the crown ahead of time and pack the tape to bring along, so crowns can be made and worn on the spot.



VARIATIONS:

- » Make an armband that matches the crown.
- » Make a magical wand or royal scepter from a stick on the ground. Decorate it with items at the tip and/or along the stick itself.
- » Make a dandelion crown by braiding the stems together.



MAKE A WATERING CAN



Children of all ages can spend hours playing with water. This activity makes a simple watering can out of household items that can be used for watering plants and having fun.

AGE: 2+

SEASON: Spring, summer, autumn



MATERIALS:

- » Plastic jug or water bottle with lid
- » Hammer and nail or drill

ARTS & CRAFTS



DIRECTIONS:

1. Using the hammer and nail or drill, make holes in the lid of a plastic water bottle or jug.
2. Fill with water...and play!



OBSERVATIONS:

- » How do plants drink? (Answer: they take in the water through their roots.)
- » Where does the water need to go? (Answer: to the soil where the roots are.)
- » Do you think some plants prefer the gentle rain of the lid to the fast pouring of water with the lid off? (Answer: faster water can displace the soil, which is needed to cover up the roots.)
- » What can we do to make the water flow faster or slower? (Answer: try it with the lid on or off, or try varying the number of holes in lid.)



VARIATIONS:

- » Decorate the sides of the watering can with a permanent or paint marker, if you are comfortable with your child using them, or wind colourful yarn around it, tying it tightly to secure.



Thank you ...

For purchasing this kit! We hope you make many wonderful memories with the children in your life while enjoying the wonders of our nearby nature.

To get access to supporting links, fun printables and other resources as they are created and to ask questions or submit photos, drawings, gardening tips and more, visit

CanadianWildlifeFederation.ca/lil-green-sprouts.





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