



For the Younger Child

Here's my little seed (hold in hand)
I tuck it in the ground
With rain, sun and soil (rain with fingers)
It grows without a sound (shhhhh, finger on mouth).

With roots down deep (stomp)
It grows big and tall (reach arms up high)
Into a beautiful plant
Enjoyed by one and all! (arms opened wide)



For the Older Child

Here's a seed, so small and still
Hold it in your hand (cup hands as though tenderly holding a seed)
It's sleeping, waiting for the time
To grow into a plant.

Here is some dark brown earth
A cozy spot for you (dig a little hole and tuck the seed in it)
Here's some water little seed (be the rain with sprinkling fingers)
And some sunshine, too (hold your arms round and high like the sun).

Now wake up little seed
Grow your roots deep down (stomp feet)
Wake and grow your stem
Tall above the ground (raise arms up high).

Grow to be big and strong (make muscles)
Like a maple tree so high
That are a home and food
To the birds and butterflies (flap arms).

Grow to be a dainty plant
Whose flowers I love to see
With pretty colours that
Feed the hungry bees (bzzzzzzzzzz).

Grow to be a vegetable
A tomato red and sweet (round hands like a tomato)
Grow to be a juicy berry
That I love to eat! (pretend to eat).