

Potted Garden

Children plan and grow a small container garden.

Executive Function Focus:

- Working memory – remembers and recalls information
- Cognitive Flexibility – compares and contrasts ideas

Material's List:

Container - plastic pot, half barrel, old wheelbarrow (Be creative!)
Soil
Seeds or plants

Social Emotional Skills:

- Works as a team to achieve a goal
- Completes responsibilities within a team
- Identifies interests and preferences

Before you Start/Set Up:

Determine the location for the container. Keep in mind sun, child access to plants, and line of sight to monitor and remember to care for the container.

How to Play:

Have children plan for the garden. Include location, type of plants (same watering needs is important), care schedule, and number of seeds or plants according to height and density.

Once the plan is complete, choose an appropriate container and prepare soil.

Plant and watch it grow!

Variations:

- Create a terrarium using an old jar.
- Use a baggie and place inside of an old shoe.
- Use a larger plastic bag, create small holes and create a hanging planter.
- Choose a color theme.
- Grow your own pizza! Include tomatoes, peppers, basil, etc.

Additional Resources:

- [Gardening with Kids](#) – Outdoor Families Magazine
- [Building a terrarium](#) – Kids Gardening

Reflective Questions:

"How did planning help you with your garden?"

"How does it feel to see the garden grow?"

"How did you remember to water and take care of the garden?"