

Storytime Growing Food Kit Contains

Books



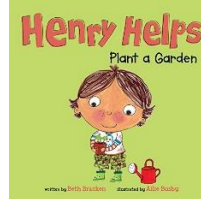
The Incredible Edible Garden by Victoria Breheny



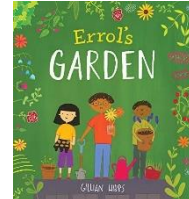
Two Can Play by Margaret Sturton



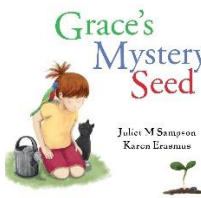
In the Garden by Noelle Smit



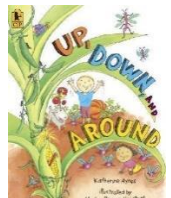
Henry Helps Plant a Garden by Beth Bracken



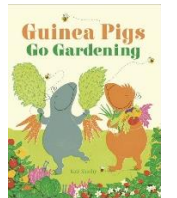
Errol's Garden by Gillian Hibbs



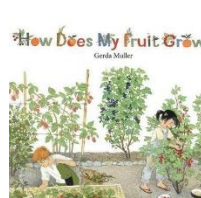
Grace's Mystery Seed by Juliet M Sampson



Up, Down & Around by Katherine Ayres



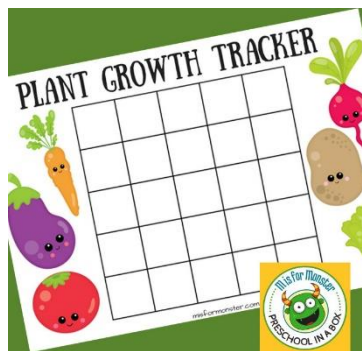
Guinea Pigs Go Gardening by Kate Sheehy



How Does My Fruit Grow? by Gerda Muller

Songs and Rhymes

- Dig a Little, Dig a Lot
- Eat an Apple
- Farmer Plants Some Seeds
- First You Take a Seed
- Five Little Flowers
- Five Little Peas
- Flowers Grow Like This
- Grow, Grow, Grow a Garden
- It's Harvest Time
- It's Harvest Time (variation)
- Little Seed in the Ground
- My Garden
- One Little Flower
- Planting Time
- Seeds
- There's Something in my Garden
- This is my Garden
- This is the Way We Plant Our Seeds
- To Market, To Market
- Watermelon Patch
- We're Going to Dig, Dig, Dig



Activities



TREE

Stand on one leg. Bend the opposite knee and place the sole of this foot onto your inner thigh. Sway like a tree in the breeze.



LittleFamilyFun.com

Songs and Rhymes

DIG A LITTLE, DIG A LOT

Dig a little, dig a lot.
Dig a brand new garden spot.
Plant a little, plant a lot.
Plant the seeds and bulbs you bought.
Wait a little, wait a lot.
Wait much longer than you thought.
Pick a little, pick a lot.
Share the best bouquet you've got!

EAT AN APPLE

Eat an apple (right hand to mouth).
Save the core (right hand into fist).
Plant the seeds (scatter over ground),
and grow some more (extend arms up)!

FARMER PLANTS SOME SEEDS

The farmer plants the seeds,
the farmer plants the seeds,
hi, ho, the dairy-o,
the farmer plants the seeds.

The sun comes out to shine,
the sun comes out to shine,
hi, ho, the dairy-o,
the sun comes out to shine.

The rain begins to fall,
the rain begins to fall,
hi, ho, the dairy-o,
the rain begins to fall.

The seeds begin to grow,
the seeds begin to grow,
hi, ho, the dairy-o,
the seeds begin to grow.

The vegetables are here,
the vegetables are here,
hi, ho, the dairy-o,
the vegetables are here.

The farmer digs them up,
the farmer digs them up,

hi, ho, the dairy-o,
the farmer digs them up.

Now it's time to eat,
yes! Now it's time to eat,
hi, ho, the dairy-o,
yes! Now it's time to eat.

Reference song: <https://www.youtube.com/watch?v=cRhGOdqWllo>

FIRST YOU TAKE A SEED

To the tune of 'Row, Row, Row Your Boat'

First you take a seed,
and plant it in the ground.
A raincloud comes and waters it all around.
The sun comes out to shine,
bright without a sound.
And in just a few days a flower will be found.

REPEAT X2

FIVE LITTLE FLOWERS

Five little flowers,
standing in the sun.
See their heads nodding,
bowing one by one.
Down, down, down,
comes the gentle rain.
And the 5 little flowers lift up their head again!

FIVE LITTLE PEAS

Five little peas in a pea-pod pressed.
One grew, two grew and so did all the rest!
They grew and grew and did not stop.
Until one day the pod went POP!

FLOWERS GROW LIKE THIS

Flowers grow like this (cup hands).
Trees grow like this (spread arms).
I grow (jump up and stretch) just like that!

GROW, GROW, GROW A GARDEN

To the tune of 'Rowl Row, Row Your Boat'

Grow, grow, grow a garden,
grow it nice and tall.
The sun shines bright,

to give it light,
and it will grow to fall.

Grow, grow, grow a garden,
grow it nice and green.
The rain will help our garden grow,
to the biggest you've ever seen.

The plant in the ground,
will get the food that's found,
from the dirt,
yes the dirt,
that's spread all around.

And plants drink water too,
they are just like you.
And when the rain comes pouring down,
that's just what they do.

Grow, grow, grow a garden,
grow it nice and tall.
The sun shines bright,
to give it light,
and it will grow to fall.

Grow, grow, grow a garden,
grow it nice and green.
The rain will help our garden grow,
to the biggest you've ever seen.

And out comes the sun,
to dry up all the rain.
And give the plants their energy,
to help them through the day.
Yes day after day,
the garden finds a way,
to grow itself big and strong,
a beautiful bouquet.

Grow, grow, grow a garden,
grow it nice and tall.
The sun shines bright,
to give it light,
and it will grow to fall.

Grow, grow, grow a garden,
grow it nice and green.
The rain will help our garden grow,
to the biggest you've ever seen.

Plants grow food,
vegetables and fruit,

that we pluck, from their vines,
that you can chop and chew.
Absolutely fresh,
tasty and delicious,
healthy treats we like to eat and totally nutritious.

Grow, grow, grow a garden,
grow it nice and tall.
The sun shines bright,
to give it light,
and it will grow to fall.

Grow, grow, grow a garden,
grow it nice and green.
The rain will help our garden grow,
to the biggest you've ever seen.

Reference song: <https://www.youtube.com/watch?v=zdBPH7Dj1bc>

IT'S HARVEST TIME

The farmer gathers his corn today (sway arms),
It's harvest time (sway arms)!
The farmer gathers his corn today (sway arms),
it's harvest time (sway arms)!
It grows up high, turns golden brown (arms up high),
then he comes and cuts it down (chopping up action).

The farmer gathers his apples today (mime picking apples),
it's harvest time (mime picking apples).
Red and rosy, juicy and sweet (pretend to eat apple),
lots of apples for us to eat (pretend to eat apple)!

Reference song: <https://www.youtube.com/watch?v=LhEAOvI6ycM&t=9s>

IT'S HARVEST TIME

Come along with me.
It's harvest time.
Come along with me.
It's harvest time.
Let's go pick some vegetables and fruits.
Let's go explore some stems and roots.

Come along with me now everyone.
Let's go have some fun in the sun.
Fruit and vegetables are good to eat.
They come in lots of colours.
And they're crunchy and sweet!

LITTLE SEED IN THE GROUND

Little seed in the ground (crouch down on the floor),
sitting so still (stay crouching).

Little seed will you sprout?

Yes, I will (jump up)!

MY GARDEN

This is my garden,
I'll plant it with care.

Here are the seeds,
I'll plant in there.

The sun will shine,
the rain will fall.

The seeds will sprout,
and grow up tall.

ONE LITTLE FLOWER

One little flower, growing just for you.

Up came another, and then there were two.

Two little flowers, growing near a tree.

Up came another, and then there were three.

Three little flowers, growing more and more.

Up came another, and then there were four.

Four little flowers, growing side by side.

Up came another, and then there were five!

PLANTING TIME

To the tune of 'Row, Row, Row Your Boat'

Dig, dig, dig the earth (make digging motion),
then you plant the seeds (drop seeds).

A gentle rain (flutter fingers down)

and bright sunshine (circle arms above head)

will help your flowers grow (hold one arm parallel to ground and move other arm up behind it with fingers extended to represent a flower growing).

SEEDS

A little seed for me to sow.
A little earth to make it grow.
A little hole,
a little pat.
A little wish,
and that is that.
A little sun,
a little shower.
A little while later...
and then a flower!

THERE'S SOMETHING IN MY GARDEN

There's something in my garden.
Now what can it be?
There's something in my garden,
that I really can't see.
Hear it's funny sound,
a (animal sound) is what I found!

THIS IS MY GARDEN

To the tune of 'Twinkle Twinkle Little Star'

This is my garden (extend palm of hand face up).
I'll rake it with care (rake palm with 3 fingers from other hand).
And then some flower seeds (plant seeds on palm),
I'll plant there.

The sun will shine (circular action with other hand),
and the rain will fall (fingers from other hand flutter down).
My garden will blossom,
and grow straight and tall (grow fingers upwards).

THIS IS THE WAY WE PLANT OUR SEEDS

To the tune of 'Here We Go Round The Mulberry Bush'

This is the way we plant our seeds,
plant our seeds, plant our seeds.
This is the way we plant our seeds,
early in the morning.

This is the way the wind does blow,
wind does blow, wind does blow.
This is the way the wind does blow,
early in the morning.

This is the way the rain comes down,
rain comes down, rain comes down.

This is the way the rain comes down,
early in the morning.

This is the way the sun shines bright,
sun shines bright, sun shines bright.
This is the way the sun shines bright,
early in the morning.

This is the way the seed grows up,
seed grows up, seed grows up.
This is the way the seed grows up,
early in the morning.

This is the way we hoe the soil,
hoe the soil, hoe the soil.
This is the way we hoe the soil,
early in the morning.

This is the way we pick our beans,
pick our beans, pick our beans.
This is the way we pick our beans,
early in the morning.

TO MARKET, TO MARKET

To market, to market,
to buy some strawberries.
Home again, home again,
jiggety, jiggety jig.

To market, to market,
to buy some green beans.
Home again, home again,
jiggety, jiggety jig.

To market, to market,
to buy some apples.
Home again, home again,
market is late.

To market, to market,
to buy some broccoli.
Home again, home again,
market is done.

To market, to market,
to buy some pineapples.
Home again, home again,
jiggety, jiggety jig.

To market, to market,
to buy some tomatoes.

Home again, home again,
jiggety, jiggety jig.

Reference song: <https://www.youtube.com/watch?v=RdXlticrWWM>
(tune only; song has been adapted to better suit the topic).

WATERMELON PATCH

Watermelon, watermelon (make circle with arms),
on the vine, on the vine (wiggle arms).
Sweet and red and juicy, sweet and red and juicy (rub tummy),
please be mine! Please be mine (palms together, pleading).

WE'RE GOING TO DIG, DIG, DIG

We're going to dig, dig, dig.
Dig up all the ground.
We're digging up the ground.
We're digging all around.
We're going to dig, dig, dig.
Dig the whole day long.
Then we'll dig, dig, dig;
and sing our digging song.

We're going to rake, rake, rake.
Rake up all the leaves.
Rake up all the leaves,
that fall from all the trees.
We're going to rake, rake, rake;
rake the whole day long.
Rake, rake, rake,
and sing a raking song.

We're going to plant, plant, plant.
Plant some little seeds.
Plant some little seeds,
that's what the garden needs.
We're going to plant, plant, plant;
plant the whole day long.
Then they'll grow, grow, grow,
until they're big and strong.

Activities

GROWTH CHART

Materials:

- Growth chart template
- Vegetable and fruit images
- Scissors
- Glue

Method:

1. Chart can be handed out as a take home worksheet. m
2. Children can colour in the vegetables and fruits they are going to plant, cut these out and stick them around their chart.
3. Children can draw the fruit and vegetables onto their chart.
4. To use the chart:
 - a. Use different colour textas/pencils to show the growth of the item via the squares in the chart.
 - b. Draw what the growing plant looks like, using a different square for each day.

Example:



GARDEN YOGA

Materials:

- Yoga cards

Method:

1. Show each pose before asking the children to copy that pose.

Example:



TREE

Stand on one leg.
Bend the opposite
knee and place the
sole of this foot onto
your inner thigh.
Sway like a tree in the
breeze.

GARDEN SPY

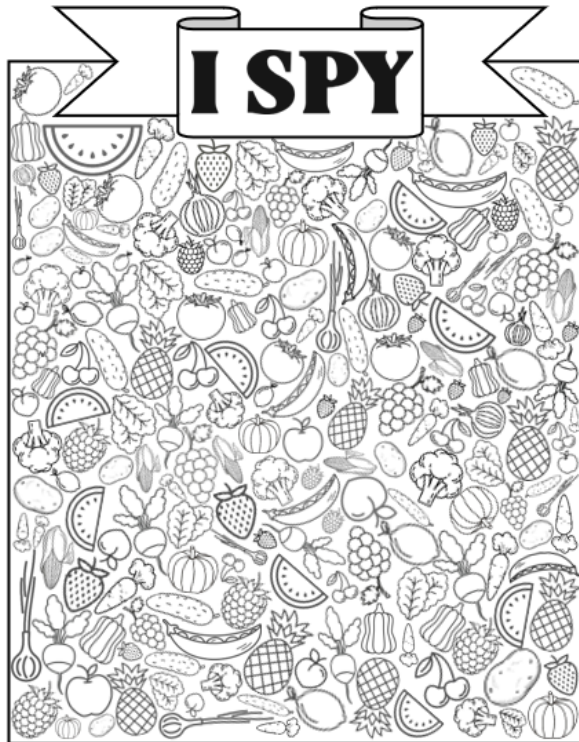
Materials:

- Worksheet
- Textas/pencils

Method:

1. Hand out worksheet.
2. Explain to children that they have to find each item before they can colour it in.

Example:



6	8	11	12	10	10
15	8	6	9	8	11
8	19	9	7	8	9
7	9	5	8		

PEAS IN A POD

Materials:

- Green paper
- Green felt
- White cardboard
- Scissors
- Glue
- Black texta

Method:

1. Place 2 pieces of green paper on top of each other. Draw a pea-pod shape on the top piece of paper. Cut this shape from both pages.
2. Trace a cup or other circular object onto the felt to make the peas. Cut these out.
3. Glue 1 of the pea pods onto white cardboard.
4. Put glue on the round bottom of the second pea pod and stick this onto the first pea pod. Ensure the glue is only placed on the bottom of the second pod; we want the pod to have an opening.
5. Draw smiley faces onto the peas.
6. Place the peas inside their pod.
7. Leave the peas unglued so they can be played with.

Example:

