

ACTIVITIES for "I Found a Seed!"



Curious Scientists

Gather and display an assortment of seeds, nuts, and pods from your kitchen, garden, or a wooded area. Provide students with magnifying glasses for observations and tweezers to pull seeds out of the pods or plants. Ask students to identify as many seeds as they can.

<https://teachpreschool.org/2012/09/26/exploring-the-seeds-of-fall-in-preschool/>

Goin' Nuts for Coconuts!

The biggest seed in the world is the amazing coconut! Have students hold and shake a coconut. Let them roll it like a bowling ball. Open the nut and examine parts of the seed. Let students sample the water and meat. Learn how students can use all five senses while examining coconuts. <https://fun-a-day.com/coconut-five-senses-activity/>



Meet Mr. Grass Head

For a fantastic STEAM springtime hands-on activity, all you need are old stockings, soil, seeds, and a few decorative items. Allow students to plant wheat, grass, or chia seeds and watch Mr. Grasshead's "hair" grow!

[How to make Grass Heads - Red Ted Art - Kids Crafts](#)

Maple Seed Butterfly Craft

Engage students with an outdoor sensory experience by collecting, examining, and tossing maple seeds. Afterward, allow them to create their own "seed butterflies" using maple seed pods. [Kids Outdoor Learning and Nature Craft with Maple Helicopter Seed Pods - Jenny at dapperhouse](#)



Seeds We Eat

Seeds are an important part of our diet. Encourage students to learn more about seeds by asking them to name as many seeds as they can find in their pantries, spice racks, and refrigerators at home. (Make sure to get parental consent.) Visit [Seeds We Eat | The Edible Schoolyard Project](#) for more seed activities and worksheets.