

# Plant a Seed & See What Grows

## WORKBOOK

For ages 5–7 (Grade K/1)









## Plant a seed

This is what my seed looks like before I plant it in the soil.

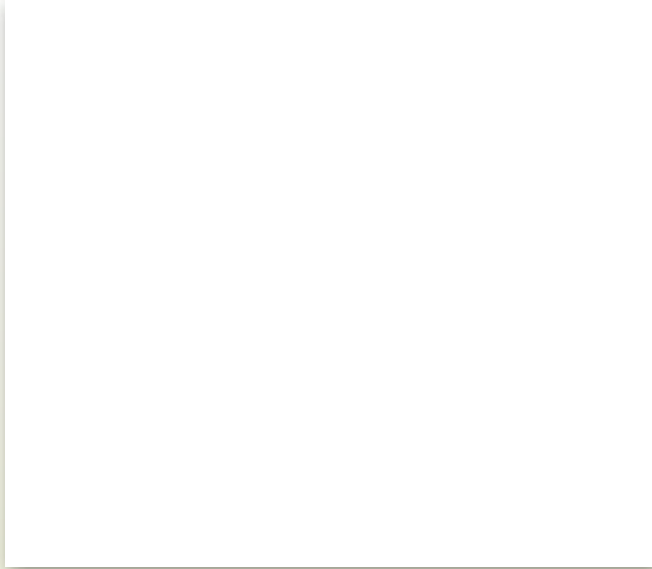
Draw and colour your seed.



# Nature does it best!

This is what my seed needs to grow.

Draw and colour a picture in each box to match the word.



Sun



Soil



Air



Water

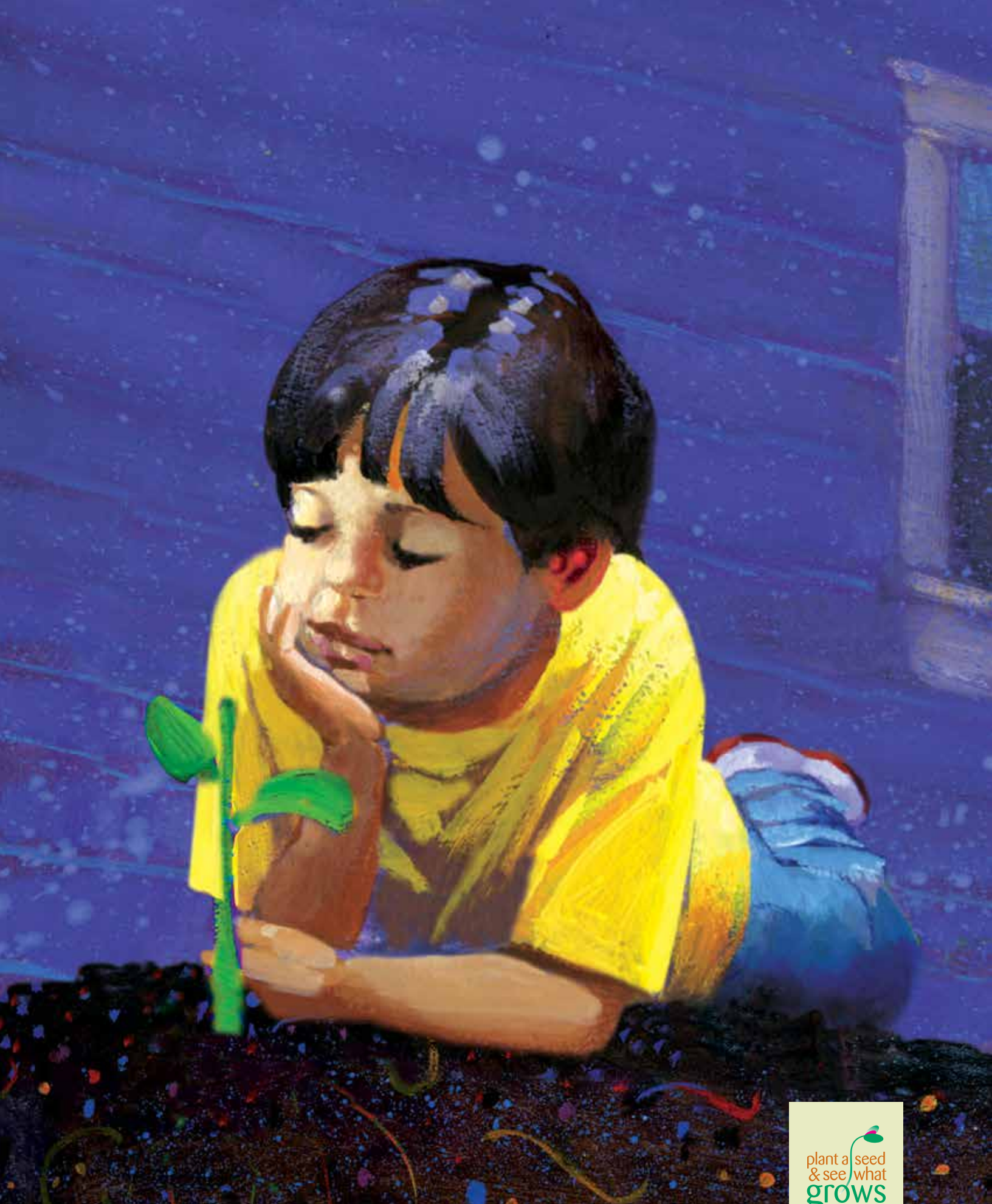


# Let's see what grew!

This is what my seed grew into!

Draw and colour what your plant looks like.

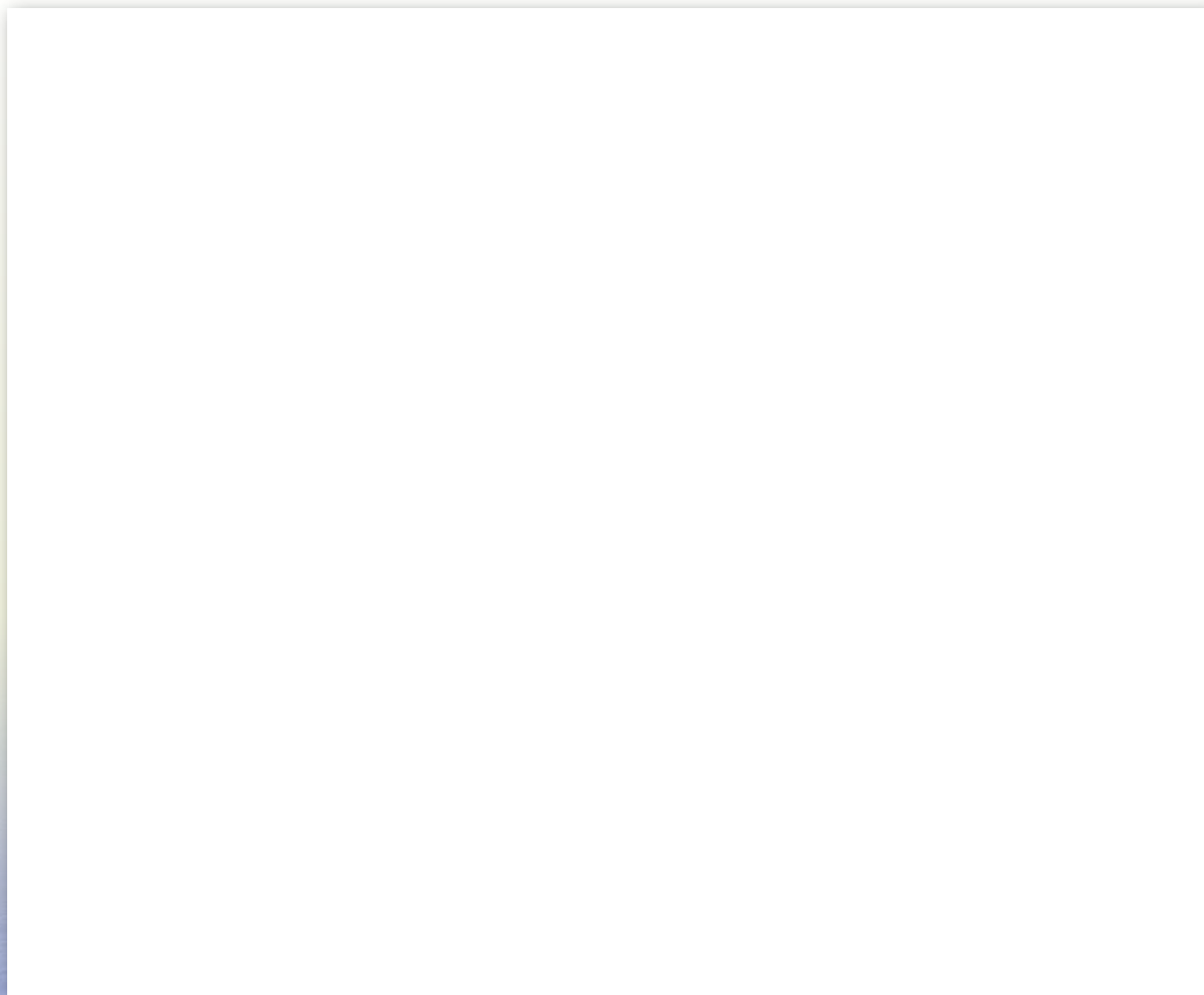




# We can eat what we grow

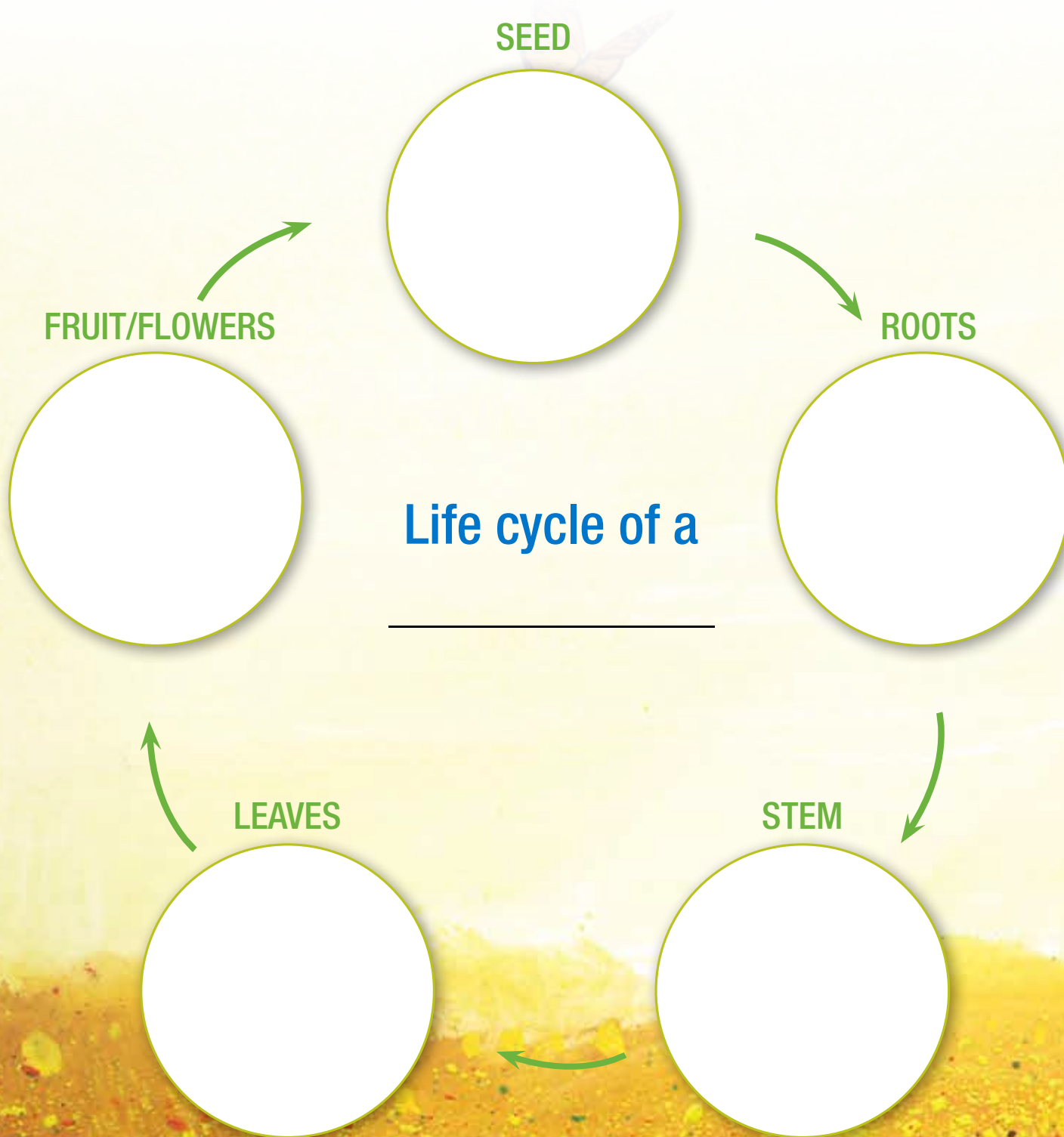
My seed grew into a \_\_\_\_\_.

This is what I am going to make with my \_\_\_\_\_.



# The life cycle of a plant

Draw each stage in a plant's life cycle.





To learn more about the foundation and how you can support their work, visit [www.seewhatgrows.org](http://www.seewhatgrows.org)

### **A message for parents and educators**

The future belongs to the young, and one of the world's future geniuses could be living with you right now! But to achieve their full potential, children need to be encouraged and inspired. They need to be cultivated, like a garden that explodes into life when it gets what it needs. This book is about encouraging children to see what their future could be like, and to inspire them to respect and care for the earth while their minds are still open and receptive.

– Roland Gahler



100% of the proceeds from the sale of this book that inspired this workbook are donated to the **Plant a Seed & See What Grows Foundation**

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