

Curriculum Share

DRDP Measure:

Inquiry Through Observation and Investigation

Age Group:

Young toddler- Preschool

Planting Wheatgrass Seed

Planting seeds and gardening helps children to develop an appreciation for living things. Allowing them to help in the garden can provide a sensory experience, increase vocabulary, help develop an appreciation for different foods, and not to mention, a fun activity to do together! At this age, seeds that sprout quickly work best. This allows children to see a result within a couple of days. Plant your wheatgrass seeds in a pot or a recycled container (*be sure to poke some holes for drainage*).

Talk to your child about watering the seeds and what they need to grow. You can make it part of your daily routine to tend to your seeds.



Try using recycled materials to plant your seeds in!



[Click here](#) to purchase wheatgrass seed! You can also find it in some grocery stores.