

Activity Share: Simple Gardening with Kids

Age group: Toddlers-Preschoolers

Gardening is a great way to connect with the Earth! Here are some simple ways you can garden at home with your child that does not require a big outdoor space or a green thumb!

There are many benefits of gardening for young children. Here are just a few ways connecting to the Earth and nature will benefit your child.

Click on the images to find out more!

Simple Ways to Garden with Kids

Gardening is a great way to connect to the Earth! Here are some simple ways you can garden at home with your child that does not require a big outdoor space or a green thumb!

PLANT FLOWERS IN WINDOW BOXES



Planting flowers or herbs in small window boxes does not require a lot of space or clean up. Seeds such as nasturtiums, poppy flowers, radishes and carrots will often sprout within weeks of planting.

PLANT AN HERB GARDEN



Herbs can be planted in small pots indoors or outdoors.

PLANT LIVE PLANTS, HERBS, OR FLOWERS



You do not have to plant from seed. Visit your local Arboretum or grocery store with your child and have them pick out live herbs or flowers. You can then plant them directly in your planter at home. Your child will be amazed at how big they will grow!

PLANT BEAN SEEDS IN ZIPLOC BAGS




Place a few bean seeds in a damp paper towel, then place them in a Ziploc bag and tape to a sunny window. Within weeks, you will begin to see the seed sprouting! Have your child mist the paper towel every few days. Once your bean has sprouted, you can then plant into dirt!



Benefits of Gardening with Kids


There are many benefits of gardening for young children. Here are just a few ways connecting to the Earth and nature will benefit your child.

CARING FOR THE ENVIRONMENT




Gardening projects connect your child to the Earth and nature which has many benefits to their development such as: problem solving skills, patience, caring for the environment, reducing stress or anxiety, just to name a few!

CHILD LEAD PROCESS




Your child can help with every step of gardening activities - from picking out the seeds, flowers, or herbs, digging and placing them in the dirt, and watering their plants.

OWNERSHIP AND RESPONSIBILITY



Children will gain responsibility and take ownership of their garden because they were actively engaged in the process. This also gives your child a fun activity to look forward to each day - watering, taking care of their plants, and checking for new growth.

PROMOTES MATH & SCIENCE DEVELOPMENT



Go further and have your child document each step of the process by drawing pictures or making a Gardening Journal. Observe seeds before planting - how are they alike or different? Sort seeds by size/color and count them!