



Session 4.1: Relationships Level 6-8

This week is Earth Day! In this activity, your child will be exploring our relationship with the Earth and with other species we share our space with. They will have the opportunity to plant some seeds and learn about the benefit of home-grown food to themselves and the planet!

Suggested Materials:

- Technology for watching the videos attached below
- Various vegetables
- Paper towels, soil, and pots/cups/bottles

Activity

Please read, or have your child read, the following paragraph with background information.

On April 22, the world will be celebrating the 50th anniversary of Earth Day. Over the course of the past 50 years, many positive changes have happened to take better care of our natural resources and the animals that we share those resources with. Improvements have been made in the areas of waste management, waste/plastic reduction, energy and water conservation and species protection. Although a lot of progress has been made, we still have a long way to go if we are going to preserve our resources and have a healthy Earth for generations to come. The good news is that actions that we take at home can help contribute to this progress! Today, we will be learning about ways to produce our own food through simple at-home gardening techniques. Fruits and vegetables from the grocery store sometimes travel thousands of miles before arriving there for us to purchase. This contributes to CO2 emissions that are harmful to our ozone layer and air quality. Therefore, shopping local or growing some of our own food at home can help us to have a better relationship with our community and with the Earth!

Follow the steps below with your child:

1. Watch this video: [How to Replant Vegetables! | Gardening Hacks and Tips by Blossom](#)
2. Explain to your child that you will be creating an at-home food source by planting some vegetables with these techniques. If you are a parent or guardian doing this activity together with them, maybe you can divide up the tasks and work as a team. Similarly, the child can also work together with a sibling if this is an option in your home. The focus

here is the relationships that home gardening can foster with family members, the community, and the Earth. Discuss this with your child. How can home gardening accomplish and contribute to these relationships?

3. Search through your pantry/fridge. Make a list of the items you may have now or in the near future from this video. Make a plan for where and how you will be planting these vegetables.
4. Refer your child to the table below. You can print this out for them, or they can reproduce the table on their own paper/whiteboard. They can use this table to track how well their vegetables are doing over the first month.
5. Record the following data: when did the plant sprout? How tall is it each week? How long are the leaves? What shape, color are they? Can you see any vegetables start to form? If so, how large are they each week after you notice them?
6. Explain to your child that the vegetables they are growing depend on him or her for survival, and likewise we also depend on vegetables for important nutrients. The child investing time in the garden will produce tasty rewards for them in the end!

Vegetable	Week 1	Week 2	Week 3	Week 4

Additional Resources:

- [14 Store Bought Vegetables & Herbs You Can Regrow](#)
- Additional Earth Day activities for the family: [PBC Earth Day Activity Guide](#)