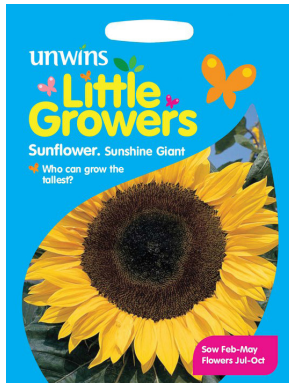




## Let's Grow a Sunflower

### Gather your equipment:



A packet of sunflower seeds



Small flowerpots or empty yogurt pots



A small spade

Potting compost, or soil



A watering can and water

A flowerbed, or area of soil outdoors

Canes and string

An adult helper

1. Read the instructions on the sunflower packet to find out when to plant your seeds.

2. Fill a flowerpot almost to the top with soil.



Sunflower seeds



3. If you are using yogurt pots, ask an adult to make a small hole in the bottom of each pot. This will allow water to drain through. Then fill the pots with soil.



4. Place a seed on the soil in each pot and push it into the soil about 2 cm with your finger. Cover the seed with soil.



Seedling

5. Place the pots on saucers or a tray to catch any water and stand in a sunny windowsill.

6. Check the pots each day and water the soil to keep it moist.

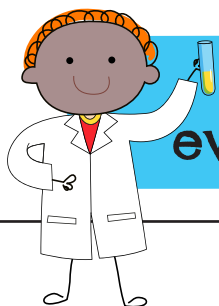
7. Once the sunflower seedlings are about 20 cm tall, it's time to plant them outdoors.

8. Ask an adult to help you dig a small hole in a flowerbed. Then carefully remove the sunflower seedling and its soil from the pot and plant it in the hole.

9. Water the soil around the base of the plant.



10. Once the sunflowers grow taller, they may become a little wobbly. Ask an adult to push a cane into the soil alongside the plant and gently tie the sunflower's stem to the cane with the string.



As your sunflowers grow, observe everything that happens like a scientist!



Name ..... Date .....

## My Sunflower Diary

Keep a diary of how your sunflowers grow.

Write and draw your observations.

You can measure the height of your plants, too.

**Try using these words in your diary:**

Leaf

Stem

Water

Soil

Bud

Petals

Flower

Seeds

**Date** .....

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**Date** .....

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Name ..... Date .....

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Name ..... Date .....

## See It Grow!

Once your sunflowers are planted outdoors, choose one plant to observe.

How tall do you think it will grow?

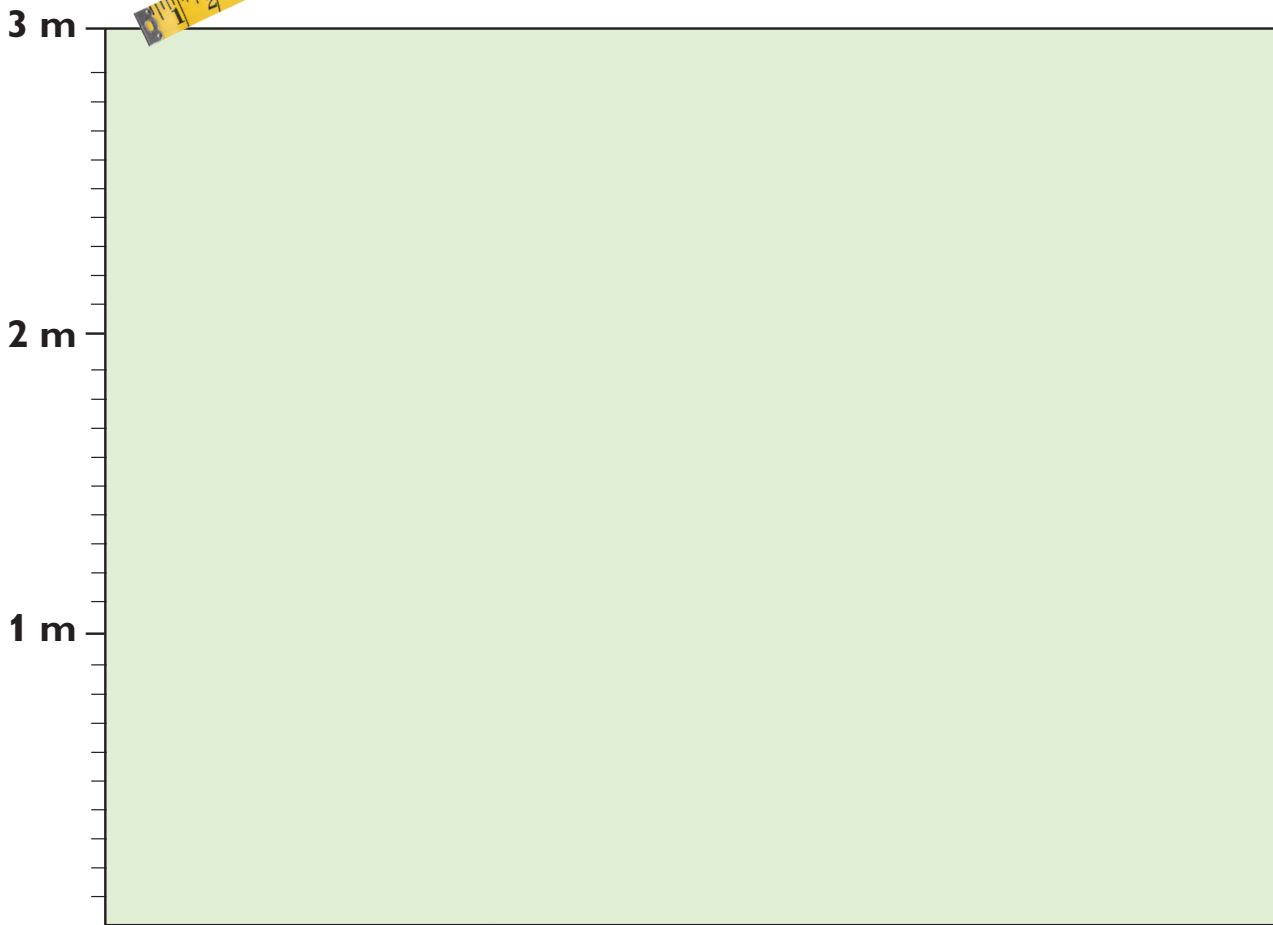
Write your prediction in the box.

Every fortnight measure your plant and draw it on this chart.

Tape  
measure



### My Sunflower Growth Chart



Date .....  
.....  
.....  
.....  
.....  
.....

How tall did your sunflower actually grow? .....