

Integrity with Plants

The topic of integrity does not often lead to a conversation around caring for our environment. However, there is a lot of integrity involved with being a steward of the Earth. It requires an honest assessment about how we are caring for the planet and whether or not we are following through on our conservation commitments year to year. Fostering this connection with young children can really help to deepen their understanding around this abstract concept. This project allows you to explore the concept of plant growth while focusing on being honest and responsible about caring for other living things.

Integrity Sub-Concept(s)

Kindness

Project Timeframe

60 minutes initially, then 5-10 minutes daily for 1-2 weeks. Note: you can use time from both your science and SEL blocks as this project incorporates both.

Required Materials

- ☐ Seeds
- ☐ Potting Soil
- ☐ Small plastic cups
- ☐ masking tape
- ☐ sharpie marker

If time allows, introduce the needs of a plant through this short rap:
<https://youtu.be/dUBIQ1fTRzI>

Have students participate in a music and movement experience to the song, "Standing Like a Tree": <https://youtu.be/ppieUj8NDog>

After introducing this project, discuss how plants grow. Emphasize that plants must be cared for if we expect them to grow and flourish. When we plant a seed, it is our responsibility to care for it by making sure it has water, space, sunshine, air, soil, and love. We cannot lie about how much we water our plants or totally forget to take care of them once they are in the ground. We must be honest and care for the plant or it will die. When we properly care for our plants, they will grow tall and turn into beautiful flowers, yummy fruit, or even delicious vegetables!

To practice honesty and integrity, each person in our class will plant a seed and care for it over the next two weeks before taking it home. You will be completely responsible for the care of your seed. If you forget to water it, it will die. If you put it in a dark location, it cannot get any sunlight for food. Pay special attention and be a kind and caring gardener for your plant. Although it may look like nothing is happening at first, remember that plants must grow under the soil first before they peek out up top. Doing what you know is right and kind for your plant will allow it to grow strong and healthy!

Provide each student with a dixie cup, a scoop of soil, and a packet of either sweet peas or beans. Work one on one with each student to properly plant their seeds and label their cup. Keep the plants in your classroom for two full weeks before sending them home to continue their caring.

Use the following graph every day to track your caring.

- Did you water the plant?
- Did you make sure it was near the sunlight?
- Does it have proper air coming in?
- Does the soil feel too damp or too dry?
- Did you share kind words with your plant?

Have each child mark off these tasks daily. Remind them to be *honest* about their charting! If they forget to do something, remind them they can *still*

continue growing their plant! Plants can persevere, too! However, students *will* need to take extra special care to not forget again. Once the plants start growing (day 4 or so) use a ruler to measure their growth after caring for them.

Track their growth below the caring checklist.

Field Trip Opportunity: This project directly correlates with a trip to the pumpkin patch or farm. You can extend this lesson to include a tour and discuss seeds, planting, and how the farmer must persevere, even during drought, wet seasons, pests, etc!



DESIGNATED BY CASEL
AS A RECOMMENDED
PROGRAM FOR SOCIAL
AND EMOTIONAL
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

PLANT GROWTH CHART

Does my plant have:

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Water | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Sunlight | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Air | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Moisture | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Kind Words | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



PLANT GROWTH CHART



Chart the growth of your plant:

