

[Sunflower Garden Project for Kids](#)

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When I was a [new teacher](#) I had no idea where to start when it came to gardening activities. I gardened with my own children, but that seemed easy because it was usually one-on-one. But with 16? It felt a bit daunting. **Have you felt this way, too?** Somehow I figured out how to put together a sunflower garden project that not only involved all 16 preschoolers, but involved 16 individual cups of seeds being planted and nurtured.

And it's a hit year after year.

I will admit I don't recall why I chose mammoth sunflowers, but they have been the easiest and fastest growing plants, year after year. Over the summer I will get emails with photos of the [preschoolers](#) standing next to their super tall sunflowers, beaming. They had nurtured their sunflowers every day with love, water, and sunshine. They learned what it was like to taking care of a living thing.

This is why I do this sunflower garden project year after year!

This post contains affiliate links for your convenience.



Sunflower Garden Project for Kids

What you will need:

- [Mammoth sunflower seeds](#)
- [Plastic cups](#)
- [Soil](#)
- [Spray bottle](#)
- Bin to hold soil
- Scoop to transfer soil to cup

Setting up this sunflower garden project:

- Place soil in a bin along with a scoop.
- Have seeds available in a shallow tray.
- Fill spray bottle with water.
- Place cups near soil.



Before starting, share a book about how seeds grow. We displayed these on our science table along with a model that showed the sequence of a seed's growth.



Scoop soil into the cup. Poke 2 holes on the top and place a seed in each one. (I have them plant 2 because sometimes one never takes off.) Gently cover the seeds with soil.



Spray soil with water.



I placed plastic wrap on top of ours and set in front of the window. This kept the soil moist and warm. Our preschoolers would give them sprays of water now and then, watching for

those first signs of growth.



In one week they looked like this:



I made name labels and taped them to craft sticks, poking them into each cup. I realized afterwards that it would have been easier having the label placed directly on the cup, especially when the cups were covered with plastic wrap.

Scroll to bottom of post for free printable sunflower labels!



Now they are ready to be taken home!



Bonus! Get a full week of preschool seeds theme lesson plans!



This set includes active hands-on learning ideas and the following printables:

- 1) Foods With and Without Seeds Shared Writing Recording Sheet
- 2) Uppercase Alphabet Seed Packet Cards
- 3) Lowercase Alphabet Seed Cards
- 4) A to Z Seed Writing Task Cards
- 5) 1 to 12 Flower Pot Seed Counting Mats
- 6) Seeds Science Journal
- 7) Seed Shape Tracing Task Cards
- 8) Seed Sorting Mat
- 9) Seed Theme Beginning Sounds Sort (Seeds T, F, C)
- 10) Seed Sprouting Graph

Get Your Lesson Plans

[Preschool Classroom Seeds Theme Lesson Plans](#)

[Home Preschool Seeds Theme Lessons Plans](#)

More ideas with sunflowers:



Free sunflower labels for you!



Free download: [Sunflower Garden Printable Labels](#)

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