



OUR SEASONAL THEMES & PLANS
(HOW WE DO NATURE-BASED LEARNING AT HOME)

This Week: March 23rd - March 29th, 2020
Theme: "Sleepy Seeds"



Thoughts on Our Theme (Nature Story Prompt):

The Vernal Equinox has come at last, and Winter has been given its marching orders. As the new season unfolds, the seeds that lie beneath the ground are waking from their long winter's nap.

Just last autumn, Mother Nature made sure all the sleepy seeds found their cozy beds and tucked them each in before Jack Frost came tiptoeing through the land. The autumn wind served as lullaby, and the winter snow created a snug blanket. The seeds had the rest they needed while the world above turned dark and cold. But now that spring has arrived, a soft rain has tickled the seeds awake and at last it's time for them to pop up from their winter beds and lift their little heads to the sun.

It's a time of renewal and rebirth! A time to talk about new ideas and envision hopeful projects.

Events of Note this Week:

First Week of Spring, The Feast of the Annunciation (3/25)

Our Seasonal Storybooks:

A Seed is Sleepy, From Seed to Plant, The Tiny Seed, The Story of the Root Children, How a Seed Grows, Seeds Goodbye Winter, Hello Spring, When the Earth Wakes, Everything Spring, The Spring Equinox, Spring (The Seasons), A New Beginning: Celebrating the Spring Equinox,
And Then It's Spring

A Proposed Outing:

A trip to the garden center to purchase seeds & seed-starting supplies ...

OR

A “Search for Spring” walk around the yard or neighborhood. To take along: a magnifying glass, a camera, and this scavenger hunt checklist: signs of nest building * buds * a spring flower * three shades of green * a fresh smell * mud * a new bird sound * an early spring insect * seeds buried in the ground * a fiddlehead (young fern)

Crafts & Activities:

To discuss: Decide what to grow in this year’s garden. Take a poll among family members: “What would you like to grow in our garden/what are your favorite vegetables/fruits/herbs?”

Determine what can be sown directly in ground and which seeds need a little help getting started. (Use reference books you have on hand and/or Google for this.)

If you know an experienced gardener you can ask for advice, arrange for a brief video/call or email interview. Write out questions beforehand.

Begin a 2020 family garden journal. This could be a spiral-bound notebook, sketchbook or binder filled with loose-leaf paper. Your first entries can include:

—> A list of things to grow this year (including family poll)

—> A chart outlining what can be planted and how/when.

—> A diagram (map) of your yard with areas ideal for planting indicated.

(Consider sun/shade and drainage, and include measurements for each growing area.)

Investigate what containers you have on hand for seed-starting and container planting. Look on Pinterest for creative pot ideas! Spend some time cleaning these items for the new season.

Order seeds and any supplies you might need (potting soil, etc.).

Set up a shelf in a sunny window for starting seeds (we use a portable greenhouse).

Get a close look at how a seed grows: sprout a bean seed in a jar!

Questions for your science journal/nature notebook: What is a seed? List as many examples of seeds as you can. How does each variety propagate? Draw a diagram of the parts of a seed.
Create seed fact cards (ex. pinecones, acorns, coconuts, milkweed, etc.).

Conduct a seed search through your pantry: what kinds of seeds do we eat regularly? What kinds of seeds might we try?

Look for seeds hidden last autumn by animals - dig around or under logs and fallen branches. Sometimes you'll find one already sprouting!

(Please see [my "Sleepy Seeds" Pinterest Board](#) for further information and ideas. I'll be adding more in the weeks to come!

Seasonal Food:

Bake [a lemon-poppy seed cake](#) in celebration of The Annunciation
or
Make [homemade pretzels with sesame seeds](#)

A Seasonal Verse:

In the heart of a seed, buried so deep,
A dear little plant, lay fast asleep.
Wake said the sun, and creep to the light.
Wake said the voice of the raindrops bright.
The little plant heard, and arose to see
What the wonderful outside world might be.
(K. Brown)





I like to create nature figures from wooden peg dolls, to place on our seasons shelf and/or to feature in my nature-based storytelling. Shown above - two "Root Children," who have just woken up from their long winter's nap as well as Jack Frost, who this week will bid his friends farewell till the fall ...

Cheers till next time, my friends!
~ Dawn

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