



SEEDS - SORT, STACK & LABEL

Materials you need:

- A collection of different flower or vegetable seeds – try and choose some of the larger seed varieties like pumpkin, beans, sunflowers, cucumbers, corn, zucchini, peas.
- Sheets of blank paper
- Clear sticky tape
- Stapler
- Pens for writing
- Sorting box – a cutlery tray works well
- Photos/pictures of the plant each seed grows into along with the name of the plant.

Setup for play:

- Set out the seeds on a large table along with the sorting tray (or just some different containers) place the pictures close by.
- Encourage the children to pick up and investigate the seeds closely – talk about textures, size, colour and what picture they think that seed might match.
- After you have spent some time talking about the seeds and the plants they match ask the children to help you sort the seeds, so they are all in separate piles with their matching card.
- When the seeds are all sorted into categories, the children can choose a seed from each section, tape each one onto a blank piece of paper then try and write the name of their seed or draw the plant it belongs to. Staple the pages together to form a book.

What are they learning with this activity?

As they sort, categorise and label the seeds they are learning to:

- Understand the interdependence between land, plants and people.
- Challenge their sense of touch and sensory processing
- Classify, sort by category and group items together by similarities, patterns and differences
- Strengthen fine motor muscles, visual motor integration and control
- Use their senses to explore and choose natural materials
- Understand lifecycles and how food gets to our plates
- Broaden their understanding of the world
- Make predictions and generalisations about aspects of the natural world around them
- Explore simple scientific concepts through play and observation
- Use their sense of touch, sight and smell to make choices and create
- Listen to and follow directions
- Use hand/eye coordination skills and concentration
- Manipulate small objects using pincer movements
- Express themselves creatively
- Problem solve and make decisions

Extending the play:

- Plant some of the seeds together in pots or out in the garden and follow the cycle from seed in the ground right through to the food on a plate. Use the vegetable/s in a special recipe to share with everyone.

