



Planting for Future Generations

BIG IDEAS:

Today you will **PLANT A CROP** that will take many months to grow and **PRACTICE OPTIMISM** and **CITIZENSHIP**.

YOU WILL NEED:

- Planting activity materials:
 - Small Pot (mini greenhouse; or garden bed)
 - Soil
 - Garlic Clove (or other crop that will take 120 days to mature)
 - Water
- Pencil and/or colored pencils
- Paper to write/draw on or Journal
- *Optional:* Taste Test- a seasonal vegetable roasted with olive oil, diced **garlic**, and a pinch of salt.

GROW MINDS, CULTIVATE COMMUNITY



WHAT TO DO:

1. **REVIEW:** the [Green Heart Rules of Respect](#). New to Green Heart lessons? Check out our [Respect the Garden](#) lesson.
2. **BRAINSTORM:** ways to practice optimism and citizenship. Fold your paper in half, or write a line down the middle of the page in your journal. On one side of your paper, write the words optimism and citizenship. On the other side of the paper use the questions below to brainstorm.



Define [optimism](#) in your own words.

How will you practice optimism while your plant grows over the next few months?



Define [citizenship](#), or list ways to be a good citizen.

Once your plant grows, who in your family or community will you share your harvest with?

3. **WATCH:** the [video](#) to learn how to plant your garlic clove.

First, **GATHER:** your materials for the planting activity - 1 garlic clove (or another seed), soil, 1 pot (or your mini greenhouse or garden bed), and water.



Next, **FILL:** your pot with your soil almost all the way to the top.

Then, **PLANT:** your clove of garlic using the planting instructions.

- For planting garlic, make a hole 2 inches deep.
- Place your garlic clove in the hole, pointed end up.
- Cover the clove with soil.
- For a different type of seed, read the instructions on the back of the packet or do some research.

Finally, **PLACE:** your pot in a place that gets at least six hours of direct sunlight on most days like an outside, or in a windowsill.



Reminder, **WATER:** your plant daily to keep the soil moist, but not soggy.

4. **TASTE TEST (OPTIONAL)** - [Watch here](#) to follow along with Ms. Emma to do a Green Heart Taste Test! This week, try a seasonal vegetable - [Fall Vegetables](#) - roasted with olive oil, diced (cut into small pieces) **garlic**, and a pinch of salt.
 - Give your taste-test a Green Heart rating. 1, 2 or a 3!
5. **CLEAN-UP:** Put your Green Heart supplies back into a safe space to be ready for your next lesson!

For educator notes & to “dig deeper” [see here](#).