



Episode 2

Outdoor Plant Observation Activity

Let's review what we learned in Episode 2 about what plants need in order to grow. Then, go outside to practice the grounding exercise and find two leaves from your yard or street that you can compare and contrast! Visit www.projectgrows.org/blog to see the videos.

Part A: What do plants need in order to grow?

Directions: Fill in what is missing from the video.

1. Sunlight	2. _____	3. Nutrients (roots take these up from the soil)	4. _____	5. _____
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Part B: Grounding exercise 5-4-3-2-1

Directions: Go outside and find a comfortable and safe place to sit by yourself. Take notes on what you observe.

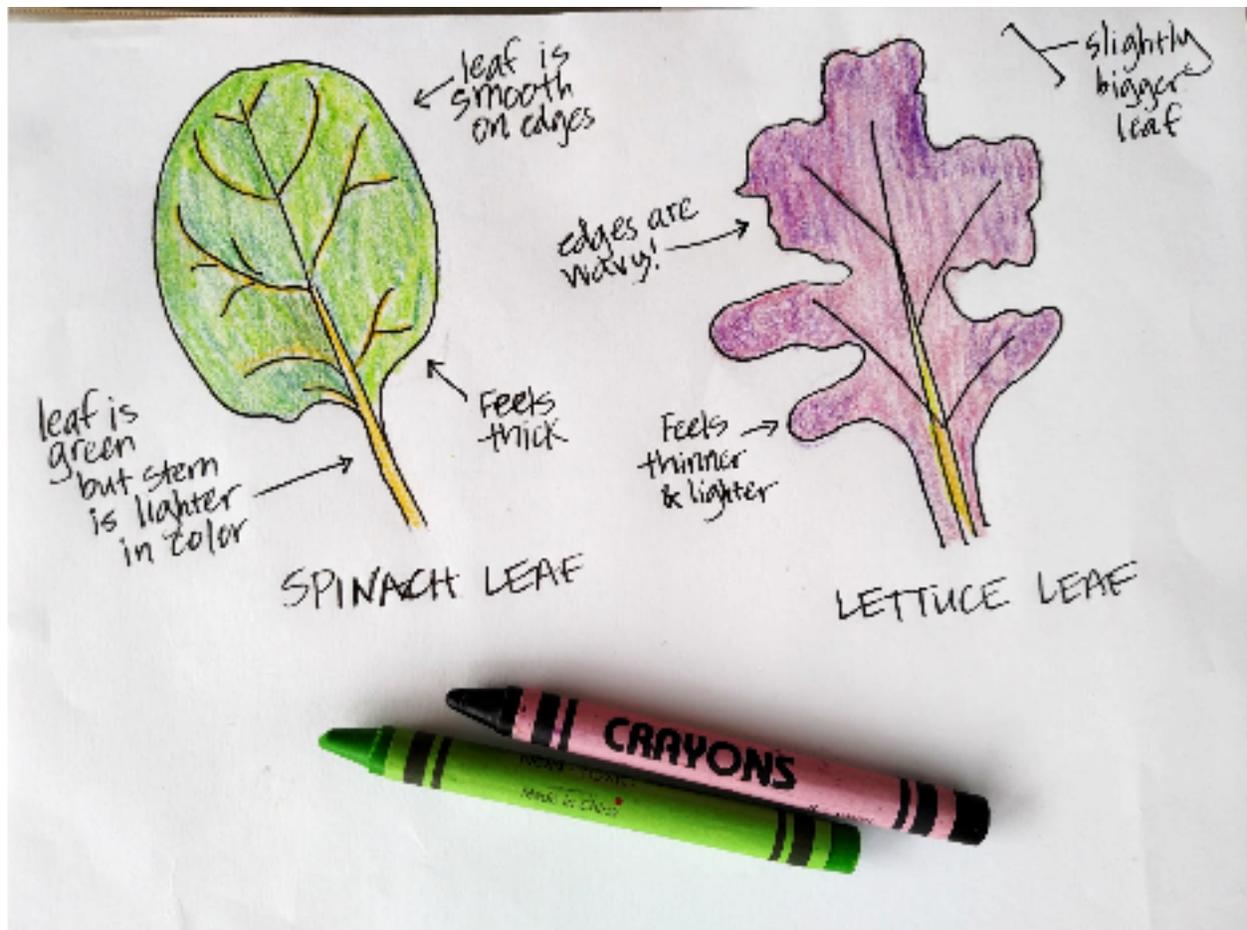
1. Take a deep breath. Then pause for a moment. What are 5 things you can SEE ?
2. What are 4 things you can FEEL ?
3. What are 3 things you can HEAR ?
4. What are 2 things you can SMELL ?
5. What is 1 thing you can TASTE ? If you can't really taste anything, you can write down your favorite food to taste!

Part C: Plant Observation

In the video, Laura showed us the leaves of **tomato, beet, onion, collard greens, kale, cabbage,** and **parsley** plants in the greenhouse and **lettuce, spinach, carrot,** and **pea** plants growing in the ground outside. It's important for farmers to be able to tell our plants apart so we know when each one is ready to be harvested. Paying attention to the leaves also helps us notice *if something is wrong!* Sometimes if leaves are yellow or shriveled, it might mean that the plant is not getting everything it needs. Maybe it is thirsty and needs more water! Maybe it doesn't have enough space and a weed is crowding it out. Or maybe the soil doesn't have the right nutrients! Then we can make changes so that the plant can be as healthy as possible.

Directions: Find 2 leaves that look different from each other. Then DRAW each leaf and notice what is similar and what is different. Pay close attention to size, shape, texture, and color.

Here's an example. We drew two of the leaves that Laura showed up close in the video, but you can draw leaves you found on your street or in your yard.



Source for grounding exercise:

<https://copingskillsforkids.com/blog/2016/4/27/coping-skill-spotlight-5-4-3-2-1-grounding-technique>