

Exploring a Farm!

Second Nature Activity Guide



Video 1: Seeds

Print this page and fill it out, or you can do the activities below in your new nature notebook!

For a how-to-guide on how to make your very own nature notebook, click [here](#)



Materials you Need

- [Video 1: Seeds](#)
- Your nature notebook and something to write with
- Some seeds!

Activity 1: Exploring Seeds

* you will need 10-15 minutes to complete this activity!

What you will need

With a grown-up or teacher, find 2 different edible seeds. Check your spices, pantry, and fridge. Some seeds might be dry and found in your pantry, like sesame seeds or dried beans. Some seeds might be wet and found in your fridge, like seeds from a fresh tomato or cucumber!

Activity task

In your nature notebook, or below, draw the two seeds that you found and tape or glue them next to the image. Label your seeds with what plant they are from and answer the questions below!

Seed 1 Name:

Draw:

What does it feel like?

What is it used for? (ex: cooking, eating, medicine, food for animals)

Seed 2 Name:

Draw:

What does it feel like?

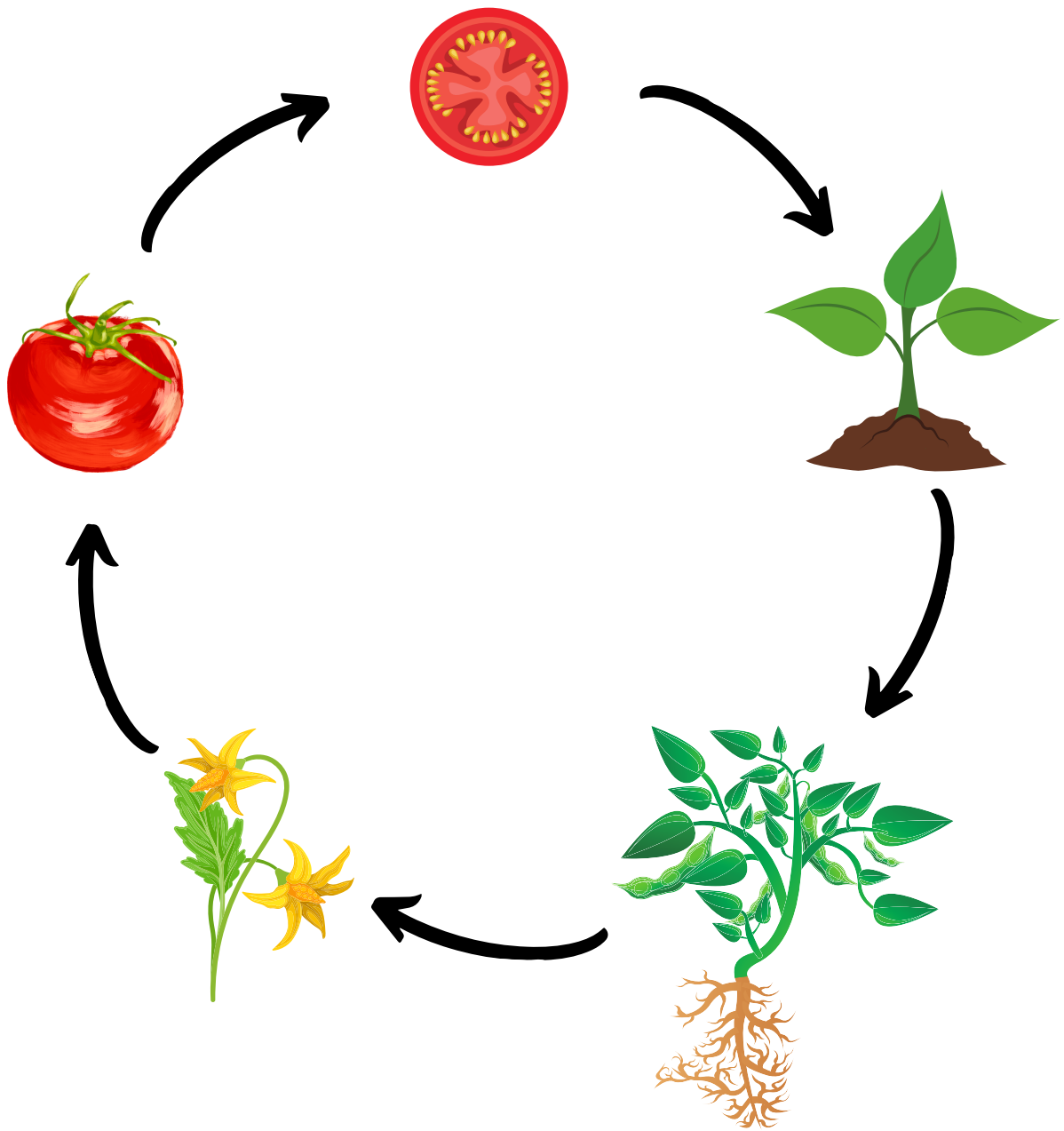
What is it used for? (ex: cooking, eating, medicine, food for animals)

Activity 2: What is the Story of my Seed?

* you will need 15-20 minutes to complete this activity!

Activity Task

Begin by filling out the plant life cycle, and label the parts of the cycle that have SEEDS!



Next, tell the story of your seed, and what will happen to it **when it is planted in the soil** using words or a drawing below:

When my seed is planted it will...

This is what my seed looks like when it gets planted and starts to grow...



Optional Task

Plant your seeds in some soil! You can plant them in a plant pot, or you can reuse a plastic cup or container

- To plant your seed fill up a container with soil. You can get soil from a garden center, plant store or borrow some from a neighbor.
- Poke a hole in the soil using your finger, and place the seed inside the hole
- Gently cover the seed with just a little more soil.
- Add some water and place it in a sunny spot to watch it grow!
- Make sure to always water the soil when it feels dry.

Reflection

* you will need 10-15 minutes to complete this activity!

Pick one or more of the questions below and answer either on this page or in your nature notebook!

1 List your three favorite things about seeds? Why are they your favorite things?

2 Ask a grown up, parent, grandparent, elder, or loved one about their favorite plant. What was that plant used for - food, medicine, beauty? Was it grown on a farm or in their garden? Do they have a special story about that plant?



Wait, there's more!

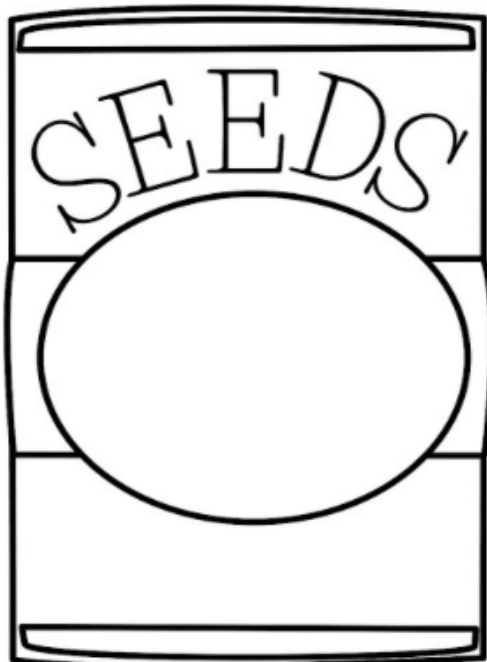
Connect with Sprout Up & White Feather Farmers!

If you'd like, send us a picture of your response to the question in the box below! We'll share with White Feather Farm farmers and other kids, families, and people watching these videos! Make sure to sign it with your new Farmer Name!

Seeds are important to me because...

Farm Name:

What seed is important to you? Draw your very own seed packet for those seeds and share a picture of it with Sprout Up!



Video 2: Seedlings & Soil

Use this sheet for the 'Seedling & Soil' video. Print this page and fill it out,
or you can do the activities below in your new nature notebook

Materials you Need

- [Video 2: Seedlings & Soil](#)
- Your nature notebook and something to write with
- Some coloring tools (pens, markers, crayons, pencils)
- A computer, tablet, or other way to access the internet







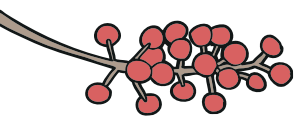
Activity 1: Scavenger Hunt

* you will need **Video 2: Seedlings & Soil** for this activity!

Activity task

Press play! And follow along with Artichoke and Mushroom to draw what things they find at the farm in the space below. Make sure to check off the item they find from the list, then draw it to create your own farm!

Sun 	Water 	Soil 	Plants 



Activity 2: Native Plant Discovery



* you will need 15-20 minutes and a parent or grown up to complete this activity!

What is a Native Plant?

A **native plant** is a plant that grows naturally in an environment. Over time, these plants have grown to match the specific sunlight, water, and soil needs for growing in a specific place. Native plants are also important for the health of other plants and animals in that place. Many native plants were, and continue to be used by indigenous people for things such as medicine, food, shelter, crafts, and clothing. Everyone needs plants for these reasons too!

Check out what plants are native to your area here: <https://www.nwf.org/NativePlantFinder/>

- Click on the 'Native Plants' button
- Type in your zip code then hit 'search'
- Find a plant that you like and draw it below!
- Once you select a plant, you can scroll down to find out what animal it 'attracts' which you can also add to your drawing!

Native plant name: _____

Location: _____

This plant attracts: _____



Reflection

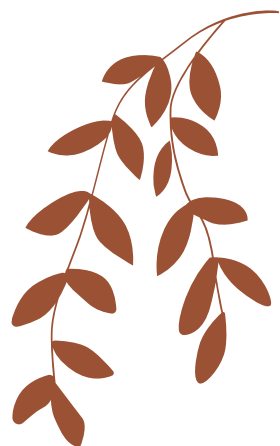
* *you will need 10-20 minutes, a way to access the internet,
and a parent or grown-up to complete this activity!

- Go to the website native-land.ca
- Click 'go to the map' and move around to find your home location
(note: at the bottom of the webpage there will be a checkbox named 'labels'.
Turn that on to see the modern day state boundaries and cities.)
- Find the tribal community whose homelands reside in the area that you live today

Answer one or both of the questions on this worksheet or in your nature notebook:

1 What can you learn about the native tribe(s) from your home region?
(note: Click on the links to learn more about the tribal communities of your area)

2 Can you find out more about your native plant and how/if it is used
by indigenous people from your region?



Video 3: Flowers

Print this page and fill it out, or you can do the activities below in your new nature notebook!



Materials you Need

- [Video 3: Flowers](#)
- Your nature notebook and something to write with
- Some coloring tools (pens, markers, crayons, pencils)
- A computer, tablet, or other way to access the internet

Activity 1: Flower Pressing

* you will need 10-15 minutes to complete this activity,
a parent or grown-up, and **Video 3: Flowers**.

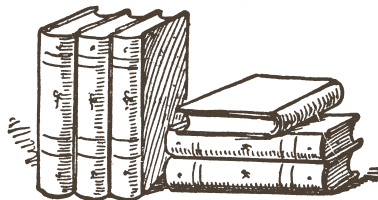
Activity task

To get started, check out the end of 'Video 3: Flowers' for a video tutorial on how to press your very own flowers at home. Once you've watched the video, gather the materials above, and then follow the steps below.

Step 1: Gather flowers (from your home, or outside)



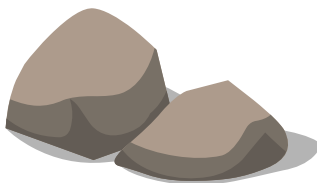
Step 2: Inside a page of the book, place a sheet of newspaper



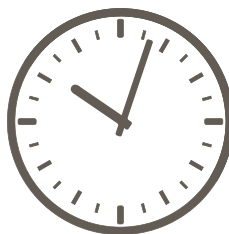
Step 3: Place flowers inside the newspaper on either pages of the book



Step 4: Close the book and put it under something heavy

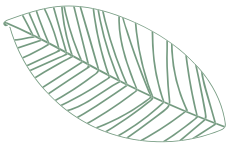


Step 5: Wait at least a week!



Step 6: Enjoy your pressed flowers!





Reflection



* you will need 10-20 minutes to complete this activity

- 1 Take a walk outside and journal in your nature notebook about any flowers and or pollinators you find. What flowers are attracting the most attention? What color flowers did you find? What pollinators did you see?

- 2 Draw your favorite flower from above either below or in your nature notebook

Video 4: Adult Plants

Print this page and fill it out, or you can do the activities below in your new nature notebook!

Materials you Need

- Nature notebook and something to write with
- Coloring tools (pens, pencils, markers, crayons)



Activity 1: Plant Part Mix N' Match

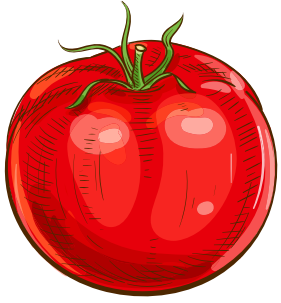
* you will need 10-15 minutes for this activity

Activity task

Using something to write with, match the plant images on the left with the plant part that people use or eat on the right!

Hint: Some will have more than one answer, so draw as many connections that you think make sense for that plant!

 <p>CELERY</p>	ROOT
 <p>SQUASH</p>	STEM



TOMATO

FLOWER



SUNFLOWER

FRUIT



COLLARD GREENS

SEED



LAVENDER

LEAF

Activity 2: Color a Three Sisters Garden

* you will need 10-15 min for this activity

Corn

Bean

Squash





Reflection



* you will need 10-20 minutes to complete this activity

1 Read [The Legend of the Three Sisters](#) either aloud or individually. You can also find a video version of the story here: [The Legend of the Three Sisters Video](#)

2 Think about and discuss the following questions as a classroom group, or with a parent or guardian:

How are these three plants - corn, beans, and squash - able to support one another?

Who benefits from a three sisters garden?

What important lessons can we learn from indigenous growing methods like the three sister's garden?



Video 5: Harvest & Community

Print this page and fill it out, or you can do the activities below in your new nature notebook!



Materials you Need

- Nature notebook and something to write with
- Coloring tools (pens, pencils, markers, crayons)
- A computer, tablet, or other way to access the internet

Activity 1: Farm Stand Ready, Set, Go!

* you will need 10-15 minutes for this activity

Activity task

Now that you have seen what a farm stand looks like, imagine your very own farm and farm stand! What would you grow and sell? What would your farm stand look like? Where would you put your farm stand? Draw it below!



Activity 2: Farms Near You



*You will need 20-30 minutes to complete this activity,
a way to access the internet, and a parent or grown-up!

Activity task

See if you can find and research **2-3 local farms** near you. You can do so independently or as a classroom activity!

*Local can mean something different depending on who you talk to, but for the purpose of this activity let's say within 100 miles of your home!

Name

Where is it located? (what city, town, and state)

What fruits, veggies, or things do they sell?

Where do they sell their products? (farmstand, market, stores)

Name

Where is it located? (what city, town, and state)

What fruits, veggies, or things do they sell?

Where do they sell their products? (farmstand, market, stores)

Name

Where is it located? (what city, town, and state)

What fruits, veggies, or things do they sell?

Where do they sell their products? (farmstand, market, stores)



Reflection



* you will need 5-10 min for this activity

After completing your research, answer one or both of the following questions on this worksheet or in your nature notebook.

1 What do all of these farms have in common? How are they different?

2 Why do you think having local farms is helpful for your community?



Video 6: End of Cycle



Print this page and fill it out, or you can do the activities below in your new nature notebook!

Materials you Need

- Nature notebook and something to write with
- Previous activity sheets
- A large piece of paper
- Coloring tools (pens, pencils, markers, crayons)

Activity 1: Map Your Farm Community

* you will need ~ 30 min for this activity

Activity task

At this point you are a farm expert! You have explored farms through the seasons learning about what farms grow, how they grow it, and who they provide food to! This activity is led by you, and involves learning more about where you are and how growing things in your community happens. Send us copies of your completed farm community maps and we will share with other students across the country!

1 Start by telling us a little about where you are!

What City or Town are you in?

What State?

My climate is (**circle one**) Very dry Very wet We have seasons! Very cold

2 Begin building your **farm community**. Gather the large piece of paper and some things to draw with! From the list, draw each of the items on a large piece of plain or scrap paper taking time between each item.

This activity can be done as a class activity. Each student will independently draw a map, as the teacher reads items from the list below. You should work together to research items that you are unsure about, and learn more about your community as you go.

- 1 Start by drawing a boundary! This can be your city, town, borough or whatever you decide. Keep it larger than your neighborhood, but smaller than your state
- 2 Start by drawing bodies of water in your area. Things like lakes, rivers, ponds, or maybe the ocean
- 3 Next, draw any mountains, forests, parks, or green spaces near you.
- 4 Add some plants, flowers, and trees that are native to your community. Don't forget to add some pollinators!
- 5 Next, add in some communities and where people live.
- 6 Then, draw some farms (these can be farms you researched in the last activity, or new ones)
- 7 Add in some veggies, plants, or other things that might grow in your area.
- 8 Lastly, draw your school or home!





Final Reflection



Farms are important to me because...

Farm Name:

