



Let It Grow

Three weeks of flower power fun for the activity badge.

How to earn the badge

1. There are lots of different plants; Have a go at growing a plant of your own, for example, a beautiful flower or something tasty to eat.
2. Plants change a lot as they grow. Look after your plant, give it water and sunlight, and watch what happens.
3. Fruit and vegetables come in different shapes, sizes, and colours and grow in lots of different ways. Find out about different foods.



Programme Planner – Week 1

Arrival	Colouring - Gardening
Story	The Extraordinary Gardener
Game	Food Beans
Activity	Decorated Sunflower Pot and Marker

Programme Planner – Week 2

Arrival	Tool Matching Game
Story	How I Grow
Activity	Outside Wildflower Area - Prep
Activity	Stained Glass Flower Picture



Programme Planner – Week 3

Arrival	Colouring
Story	A to Z of Fruit and Vegetables
Activity	Outside Wildflower Area - Plant
Game	Fruit and Vegetable Run Around

- Shopping List:**
- Plastic Plant Pots
 - Name Labels
 - Picture Stickers
 - Soil (for pots)
 - Small stones (shingle)
 - Sunflower Seeds
 - Lollypop Sticks
 - Coloured Pens
 - Garden Tools
 - Flower and Grasses
 - or
 - Coloured Tissue Paper.
 - Laminator and Wallets
 - Soil (for garden area)
 - Wildflower seeds
 - Watering Can
- Printing:**
- Colouring Sheets
 - Tool Matching Sheets

How to run each part of the programme:

Food Beans Game

How: Players spread out so that they have space to move around.

Talk through all the types of beans, asking if the young people have tried them.

The adult calls out the type of bean, and the players act like the type of bean as follows:

STRING BEAN - Stretch up as high as you can

BROAD BEANS - Make a wide shape

CHILLI BEANS - Shake as if cold

RUNNER BEANS - Run on the spot

FRENCH BEANS - Say "Ooh-la-la"

BAKED BEANS ON TOAST - Lay flat on the floor

Decorated Pot and Marker

How: Participants write their name on a blank label and add it to their pot. Picture stickers can be added to decorate the pot.

Add some small stones to the bottom of the pot and explain that this is to give drainage, then fill the pot with soil to 1cm under the top edge.

Add four sunflower seeds, making sure they are spread out around the pot evenly, pushing them down a about 1cm with a finger. Spread out the soil to cover the seeds.

Wildflower Area (prep and plant)

Note: This activity is spread over two weeks.

How to Prep: Everyone is shown how to use the tools safely and then helps to remove weeds and grass and dig the soil.

How to Plan: Everyone sows a few wildflower seeds and adds some additional new soil to the prepared area using a trowel. Water the new garden well.

Stained Glass Flower Picture

How: Participants pick some grasses and simple flowers from the garden (or you can use coloured tissue paper instead of live flowers).

Arrange these inside a laminating wallet for the adults to laminate whilst the young people watch. Make sure the contents are well away from the edge of the wallet and not too thick.

Fruit and Veg Run Around Game

How: Participants sit in a circle and are given in turn one of the following names in rotation;

CABBAGE, CARROT, TOMATO and APPLE

When the adult calls out the name of the fruit or vegetable the young person runs once round the circle and back to their place to sit down again.

When ALLOTMENT is called all the players run round the circle.

Try to catch the young people out by calling ALL VEGETABLES or ALL FRUIT, do they know if a tomato is a fruit or a vegetable? It is actually a fruit!

Remember that the Wildflower Area will need to be watered regularly.

