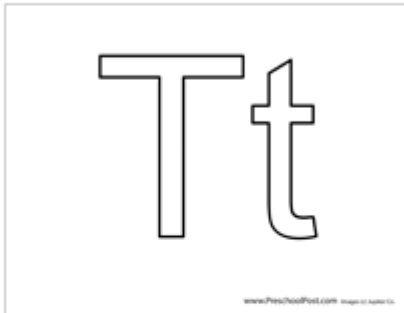
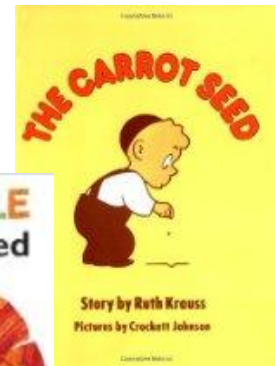
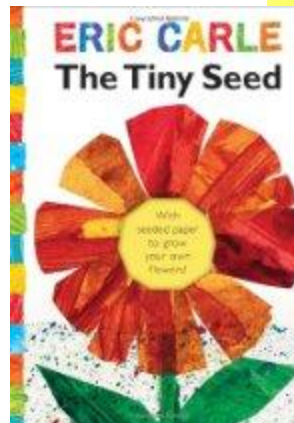


Preschool Post

Lesson 30



www.PreschoolPost.com



Letter: T

Preschool Theme: Sunflowers (Plants and Seeds)

Bible Theme: Faithfulness. Children learn all about Faith in this fun sunflower themed bible lesson! What starts off as a small inconspicuous little seed turns into a gigantic, mammoth of sunflower....but only when given the proper care!



Morning Circle: Show the [letter "T"](#) to the children. Say the "T" sound together. Ask the children for examples of "T" words. Repeat these together. Explain that there are some "T" words that describe how big an object is. Say the word "tiny." Ask the children to come up with some words for small things. Say the word "tall." Ask them to think of some tall things. Tell the children that today's lesson is about some very "tiny" things that can grow to become "tall." See if the children can name a few things that start out tiny and then grow tall (trees, flowers, people....) [More letter T visuals here.](#)

Read: [The Tiny Seed](#), by Eric Carle.

Music & Movement: Act out the following song while you sing:

"This is the Way We Plant Our Seeds"

(Tune: "Here We Go Round the Mulberry Bush" ...original author unknown.)

"This is the way we plant our seeds,
Plant our seeds, plant our seeds.
This is the way we plant our seeds,
Early in the morning.

This is the way the wind does blow,
Wind does blow, wind does blow.
This is the way the wind does blow,
Early in the morning.

This is the way the rain comes down,
Rain comes down, rain comes down.
This is the way the rain comes down,



Early in the morning.

This is the way the sun shines bright,
Sun shines bright, sun shines bright.
This is the way the sun shines bright,
Early in the morning.

This is the way the seed grows up,
Seed grows up, seed grows up.
This is the way the seed grows up,
Early in the morning.

This is the way we pull the weeds,
Pull the weeds, pull the weeds.
This is the way we pull the weeds,
Early in the morning.

This is the way we pick our flowers,
Pick our flowers, pick our flowers.
This is the way we pick our flowers,
Early in the morning."

Snack: Provide a variety of edible seeds for the children to sample. Try shelled and unshelled sunflowers seeds, pumpkin seeds, sesame seeds, flax seeds, poppy seeds, etc. Make sure there are no seed allergies first!!

Centers:

1. Plant seeds. Use biodegradable peat pots and give help each child fill with soil and plant sunflower seeds. These are easy to grow and demonstrate tiny to tall very effectively. Keep the peat

pots in a sunny warm spot in the classroom, and help the children care for them properly until they are strong enough to take home.

2. Nature table. Provide magnifiers and bright lights and let the children examine and explore a variety of seeds and flowers. How are they different? The same? How do they smell? Do all flowers smell good?

3. Sorting center. Pour lots of different types of dried beans, seeds, and nuts. (allergy alert) Offer several containers into which the children can sort the seeds by color, size, texture, etc. Place spoons, cups, and other pouring devices on the table. Encourage counting and thinking about how to best classify the seeds.

Art Activity: Sunflowers. Make sunflowers from paper plates and sunflower seeds. Let the children glue lots of the seeds (the type with the shell intact) in the center of their plates. Then provide bits of crumpled-up yellow tissue paper for the petals, and let the children glue these around the outside of the glued-on seeds. Hang from the ceiling for a very cheery atmosphere!



Bible Storytime:

Read: [The Carrot Seed](#), by Ruth Krauss. This classic story will help you illustrate what it means to plant a "seed of faith" and see it produce



a wonderful, and expected, result. Explain that Jesus encouraged his followers to have faith. Take a moment and discuss what "faith" means. This is an abstract concept that may be difficult for preschoolers to comprehend. Try explaining it by describing what it means to believe that something will happen. Believing is similar to faith.

Bible Verse Bracelets:

"He replied, "If you have faith as small as a mustard seed, you can say to this mulberry tree, 'Be uprooted and planted in the sea, and it will obey you.'" [Luke 17:6](#)

If you have any mustard seeds, show the children how small they are. You could also show them carrot seeds, which are also very small. Explain that Jesus was talking about faith this tiny being very powerful. Imagine having even more faith than that!

Bible Song: "[Mustard Seed Faith](#)" by "Wonderkids Sing: 100 Bible Songs and Stories

Additional Activity:

Take the children to a Botanic Garden or a flower farm. Design and plant a flower or herb garden in front of the school.

Using an old 2 liter soda bottle you can have each child make their own Terrarium, which they can keep in the classroom, or take home with their packet of seeds. Here are instructions for [how to make a Terrarium](#)



Optional Resources:

[Seed Matching Game](#)

[Seed Packet Printable](#)

Helpful Links:

[Flower File Folder Games on File Folder Fun](#)

[Seed Activities on Totally Tots](#)

Notes:
