Plant a Seed & See What Grows

WORKBOOK
For ages 5–7 (Grade K/1)
Plant a seed
This is what my seed looks like before I plant it in the soil.

Draw and colour your seed.
Nature does it best!
This is what my seed needs to grow.

Draw and colour a picture in each box to match the word.
Let’s see what grew!
This is what my seed grew into!

Draw and colour what your plant looks like.
We can eat what we grow

My seed grew into a ________________.
This is what I am going to make with my_________________.
The life cycle of a plant

Draw each stage in a plant’s life cycle.

Life cycle of a

______

SEED

FRUIT/FLOWERS

ROOTS

LEAVES

STEM

www.seewhatgrows.org
A message for parents and educators

The future belongs to the young, and one of the world’s future geniuses could be living with you right now! But to achieve their full potential, children need to be encouraged and inspired. They need to be cultivated, like a garden that explodes into life when it gets what it needs. This book is about encouraging children to see what their future could be like, and to inspire them to respect and care for the earth while their minds are still open and receptive.

— Roland Gahler

100% of the proceeds from the sale of this book that inspired this workbook are donated to the Plant a Seed & See What Grows Foundation