

# Plant a Garden

**Age: 2 years and up**



## What's needed

Planting tools (e.g. rake, hoe, hand shovel, etc.)  
Vegetable and flower seeds

## What to do

1. Plant a garden or flower bed—children can rake, hoe, and dig with tools.
2. Plant vegetables and flowers that have large seeds for small fingers to handle—nasturtium, peas, and beans all have large seeds—and flowers such as zinnia and marigolds are sturdy growers.

## What children will learn

Plant science; nature appreciation

