



Family Literacy Week
January 26 – February 2, 2025

Learn to be Green, Together

Preschoolers

Growing your own food is a valuable skill. Starting with planting seeds and nurturing them into plants helps children practice measuring, estimating and fine motor skills while learning how to care for the planet.

Grass heads

Grass heads are fun containers with faces where children grow grass as “hair” and learn about plants.

What you need:

- small containers (individual-size yogurt containers)
- dirt (potting soil works best)
- grass seeds
- markers

What you do:

1. Draw faces on the outside of the small containers with a marker.
2. Fill the containers 3/4 full with dirt.
3. Sprinkle grass seeds over the dirt. Then cover with 2mm of dirt on top.
4. Water and place in a sunny spot. Water daily.
5. Watch as grass grows into “hair.”

Other ways to play with your child:

- Encourage role-playing to spark imagination.
Pretend to be a hairdresser and give your grass heads a “haircut” with scissors. You can also have fun by making them “talk” to each other.



Variations:

- Use half of an empty eggshell as your container.
- Glue on googly eyes to make the face extra silly.
- Plant different seeds such as chia, wheat or lentils.

“Encourage your child to have muddy, grassy or sandy feet by the end of each day, that’s the childhood they deserve.”

– Penny Whitehouse