SEED TO SPROUT

Observe how a plant grows over time.

INTRODUCTION

Plants are living things.
They grow and change slowly, a little bit each day.
Scientists observe plants carefully to learn how they grow.
Today, you are a plant scientist.

WHAT PLANTS NEED

Plants need:

- **Sunlight**
- **Water**
- **Air**
- **Soil**

YOUR PLANT

Plant name or type:

_____

Date planted:

_____

INSTRUCTIONS

- **You will observe your plant over time.**
- **Look closely and record what you see—even small changes matter!**

PLANT OBSERVATION LOG

(This page may be reused for multiple days.)

OBSERVATION ENTRY

Date:

Day Number:

WHAT I SEE

(Check all that apply)

- ☐ Seed
- ☐ Roots
- ☐ Stem
- ☐ Leaves
- ☐ Flower

MY OBSERVATIONS

Write or draw what you notice.

Look carefully. Even tiny changes are important!

LOOKING BACK AT OUR PLANT'S GROWTH

SECTION 1: CHANGES OVER TIME

What changed the most?

What stayed the same?

SECTION 2: CAUSE & EFFECT

What helped the plant grow? (Check all that apply)

- ☐ Sunlight
- ☐ Water
- ☐ Soil
- ☐ Care
- ☐ Time

SECTION 3: REFLECTION

One thing I learned about plants:

Plants grow at their own pace. Careful observation helps us understand living things.