# This session explores how we care for plants and flowers and help them to grow. How does God look after us by providing food to eat? How do bugs help plants to grow? If you have any keen gardeners in your church or community, you could invite them along to help and give gardening tips for grown-ups!

## Bible story

**Genesis 1-3** (see suggested books for story ideas)

## Activities

Why not choose from the activity suggestions below? You can find the details of these and other activities on [The Salvation Army Family Ministries Pinterest page.](https://uk.pinterest.com/familyministriesukit/)

As a guide, the suggested activities have asterisks to show how easy they are to prepare and set up, from simple (\*) to more complicated (\*\*\*).

**Bees and flowers trail \***

Invite families to buzz around the printable trail, pretending to be bees collecting nectar from eight different flowers. Have flower stickers to give out when they’ve completed the trail.

**Digging activity \***

Fill a tray with soil and vegetables, eg potatoes and carrots, and have toddler-sized gardening tools and some wooden trays or pots, so little ones can dig up the vegetables. You could opt for toy vegetables or real ones.

**Flower soup \***

Set up saucepans and bowls, some mixing and pouring utensils, and flowers, petals and leaves to make flower soup.

**Dandelion vase art \***

If you have access to lots of dandelions, send families off to pick a few in flower. Print the vase outline and punch or poke holes through it. Poke dandelions through the holes to add them to the vase.

**Wheelbarrow play \***

Have a few toy wheelbarrows and some objects to move from one area to another area. You could use plant pots, wooden blocks, toy bricks, beanbags or something similar. Add dress-up aprons, gardening gloves and wellies for extra fun!

**Bee headbands \*\***

Make a bee headband to wear at today’s Get OWT! session. Bees love plants and flowers, and plants couldn’t grow without bees and other insects helping to pollinate them. This activity is ideal if you’re including the bee trail as part of the session.

**Planting seeds \*\***

Decorate a small pot with foam stickers or paint sticks. Fill it with soil and plant some seeds. Decorate a wooden plant label (or jumbo lollipop stick) and write your name on it or the name of your seeds. Choose fast-growing beans or flowers for little ones, or slower-growing sunflower seeds for those with more patience!

**Bug sensory play \*\***

Fill a tray with soil or brown-coloured rice, add lots of toy bugs and a few leaves and branches or small logs. Bugs make the soil healthy and help plants to grow. They also love to crawl around on plants and flowers.

**Flower tray or shops \*\***

Use a set of flower toys, some artificial flowers or real flowers (with no thorns or spiky bits) to create a flower play tray or flower shop. You could even include plastic bottle vases to make flower arrangements, and a play till.

## Story ideas

Suggested books for story time or a story mat:

* *The Play-Along Bible* (Bob Hartman), ‘Land Ho’ page 7
* *God’s Big Promises Bible Story Book* (Carl Laferton), ‘In the Beginning’ pages 16-20
* *The Lion Easy Read Bible* (Christina Goodings), ‘In the Beginning’, pages 6-11
* *A Good Place* (Lucy Cousins)
* *Plant the Tiny Seed* (Christie Matheson)
* *We found a Seed* (Rob Ramsden)
* *Planting a Rainbow* (Lois Ehlert)

## Questions

* I wonder how we can look after the plants and flowers?
* I wonder if you have ever sown any seeds? Did you have to do anything to help them grow?
* Think about how different fruit and vegetables taste. I wonder why God made them all so different? Do you have a favourite fruit or vegetable?

## Song suggestions

See first session of this series for more songs:

* ‘Creator God’ by Nick & Becky Drake:
<https://www.youtube.com/watch?v=GM4IVZuljEI>
* ‘I Might be Small’, Allstars Kids Club:
<https://youtu.be/QCAoiVCDIqo?list=RDQCAoiVCDIqo>
* ‘He’s Got the Whole World in His Hands’, Kids Songs | Hi Heaven:
 <https://youtu.be/rAPNUVHLh1Q>

## Prayer

Thank you, God, for the wonderful world you have made and for everything that grows.

*Have a bag of items or pictures of things that grow in the natural world – flowers, fruit and vegetables – and as you show them get the families to shout out what they are.*

Thank you, God, that you made our wonderful world. Please help us to look after your world and each other.

Amen.