

# FROM SEED TO SUNFLOWER

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5 DAYS OF AFTER SCHOOL LESSON PLANS

GRADES K-5

**BEST**  
**DAY**  
**EVER!**



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# FROM SEED TO SUNFLOWER

Children will engage in sunflower-themed activities in this interactive week of fun! Key learning concepts will be fun and exciting as discoveries are made and games are played. While the lesson plan incorporates many different Pennsylvania Learning Standards, children will engage in specific activities that meet the PA Standard Areas of Science, Social Studies, Health, Wellness, and Physical Development, and Visual Arts. The key learning area for this week is “Creative Thinking and Expression – Communicating through the Arts”.

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## SCHEDULE

### DAY 1: MAKER MONDAY

SUNFLOWER WEAVING

30 MINUTES

### DAY 2: STEM TUESDAY

LIFE CYCLE OF A SUNFLOWER

30 MINUTES

### DAY 3: AROUND THE WORLD WEDNESDAY

SUNFLOWER SPOTTING AROUND THE WORLD

30 MINUTES

### DAY 4: ARTSY THURSDAY

TISSUE PAPER SUNFLOWERS

30 MINUTES

### DAY 5: FIT FRIDAY

SUNFLOWER YOGA

30 MINUTES

# MATERIALS LIST

- Large round yellow paper plates
- Brown and/or black yarn
- Scissors
- Pencils
- Yellow yarn
- Masking tape
- Glue
- Brass fasteners
- Crayons or colored pencils
- Blue cardstock or construction paper
- White cardstock or thick white paper
- Yellow, brown, black, and green tissue paper, cut into 1-2" square

## SHOPPING LIST

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# DAY 1: MAKER MONDAY

## SUNFLOWER WEAVING



### ACTIVITY/CONCENTRATION

#### Description of Activity:

- **STEP 1:** Allow each student to trace the yarn weaving template onto the back of the yellow plate or onto yellow cardstock.
- **STEP 2:** Use scissors to cut the plate so that it is shaped like a sunflower.
- **STEP 3:** Secure a long piece of brown or black yarn to the back of the paper plate using masking tape.
- **STEP 4:** Wrap the yarn around the plate from one side to another, working your way around the whole plate to cover the entire middle, rotating as you go. Secure the end with masking tape to the back of the plate.
- **STEP 5:** Once the yarn has covered the center of the plate, trim the yarn and tuck the end under the circle of black, securing it with tape. Voila! You now have a woven sunflower!



### DURATION/SCHEDULE

30 minutes



### MATERIALS

- Large round yellow paper plates or yellow cardstock
- Brown and/or black yarn
- Scissors
- Pencils
- Activity page: Sunflower Weaving Template (provided in the Additional Resources)
- Masking tape



### LEARNER MODIFICATIONS



### GOALS/OBJECTIVES

- Use nonconforming objects to create representations of real-life objects
- Complete multi-step tasks with independence



### STANDARDS

- 9.1.D 2.E
- AL.2 2.B