

# Storytime Activity Guide

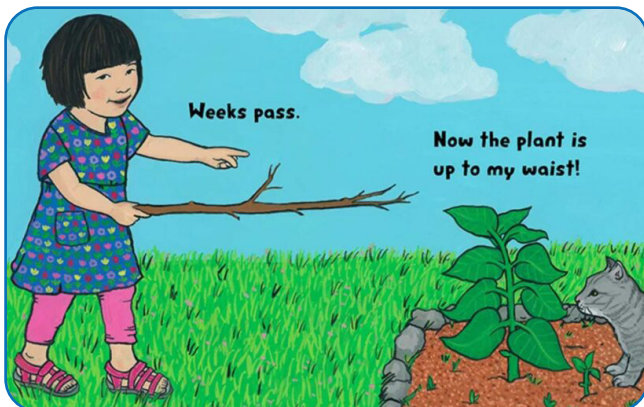
## *Up to My Knees*

written and illustrated by Grace Lin

In Spring, Mei is planting a sunflower in her garden. She sprouts the seeds, plants the sprouted seeds into the soil, waters them, and watches them grow. Will the plant grow up to her knees or taller than her?

### Did you know?

Nature provides a rich and engaging learning environment that supports children's understanding of science concepts. By immersing young children in natural settings and experiences, they develop a strong foundation for scientific thinking and exploration. While sharing ***Up to My Knees***, practice talking with your child about growth and changes in plants, animals, or humans by comparing height measurements over time.



### Words to Practice

seed  
soil  
sprout  
grow  
plant  
sun  
water

### Talk about it!

Babies and very young children may not be talking yet or have a big enough vocabulary to answer you. Even if you are answering your own questions, every time you talk with your child about what you see in ***Up to My Knees***, you are building their vocabulary and comprehension.

- Mei grows a sunflower in her garden. If you grow something, share with and show your child about what you've been growing. If you haven't grown anything yet, ask your child what they would like to grow.
- There are many plants that we can grow from beans and seeds. Show your child some of the beans and seeds you have at home. Ask your child to make observations about the shape, size, and color of the seeds. Can they predict the shape, size, and color of the plants they will grow into?
- Plants need sunlight, water, air, nutrients, and time in order to grow bigger and taller. Talk with your child about some of the things they need to grow.

### Find More Online

Scan this QR code for more free resources.



[qrco.de/MyKnees](http://qrco.de/MyKnees)

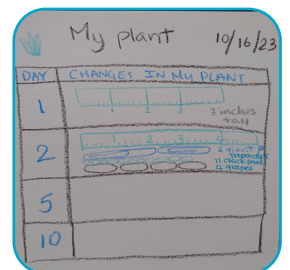
# Explore!

Let's observe how things change or grow!

## Materials needed:

- Heart of a lettuce, napa cabbage, or bok choy
- Small container
- Crayons or markers
- Water
- Ruler or non-metric objects (paper clips, beans, cheerios, etc.)
- Drawing notepad

1. Gather all of your materials.
2. Draw a chart with two columns and four rows. Label the first column *Day* and the second column, *Changes in my Plant*. Write 1, 2, 5, and 10 in each of the rows, in the first column (see the table below).
3. Have your child help you peel all the layers of the napa cabbage (in this example) until you reach the heart.
4. Put the napa cabbage in a container with just enough water to touch the base of the cabbage.
5. Use non-standard objects and/or a ruler to measure the height of the cabbage. Document the measurements on your chart. Help your child use pictures to document the height of the cabbage under the "Changes in My Plant" column" for Day 1. On Day 2, measure your plant. Ask your child to compare how the cabbage looks on Day 2 as compared to Day 1: Did it change or grow taller? How much did it grow taller? Measure the height of the cabbage and document the measurement under the "Changes in My Plant" column for Day 2.
6. Continue monitoring the cabbage and documenting its height on Day 5 and 10.
7. Use your phone to take pictures of the cabbage on different days. After the 10th day, review the photos with your child and discuss the changes in the cabbage in terms of size, shape, color, and other characteristics.



## Play: Parts of the Flower Song

By Dr. Jean (sing to the tune of Head, Shoulders, Knees, and Toes)

Use the parts of a flower picture to teach your child the vocabulary words before singing the song.

Flower, stem, leaves and roots, leaves and roots  
 Flower, stem, leaves and roots, leaves and roots  
 And all it takes is sun and showers  
 And the seed grows into a flower

