

Green Thumb Wisdom

For this activity, you will need to have a single potted plant to use for the demonstration. On index cards write the following instructions or something similar, one instruction per card. You will need to have one index card per student.

- Keep me in a closet.
- Place me where I will get adequate sunlight.
- Place me directly under a powerful grow light 24 hours a day.
- Water me faithfully.
- Water me whenever you remember.
- Water me once then never again.
- Water me with fertilizer according to package directions.
- Water me with soda pop.
- Put me in the refrigerator.
- Put me in the bathroom.
- Put me right above the stove.



Place the plant where everyone can see it. Go to each student (or they can come to you) and let them choose a card, without seeing the instructions. Have them read the card (or read it for younger students). Ask them if it is a wise thing to do for the plant and what they think will happen to the plant if they do what the card says. In some cases the plant will flourish and in others it will die. When everyone has had a turn, ask how they determined if something was wise or not. Ask if some of the treatments were hard to tell if they would be good for the plant or not. End by comparing the treatment of the plant to making wise choices for our body. Compare choices about nutritious food and getting enough sleep to the care of the plant and how our bodies react to the care decisions we make. Ask if our bodies react as quickly as a plant does.