



Activity sheet 9: Seed to plant dance

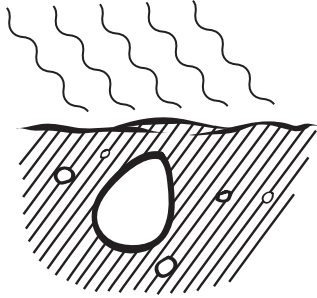
Remember: Use your whole body, including your hands and feet when you create your seed to plant dance.



The seed is in the ground waiting for the heat of the soil to wake it up.

Movement ideas:

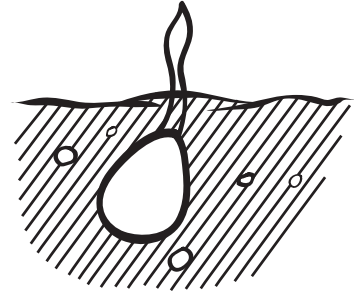
Wake up
Stretch out
Yawn



The seed begins to sprout.

Movement ideas:

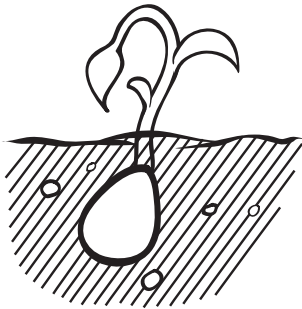
Grow
Uncoil
Sprout



The shoot begins to appear through the soil.

Movement ideas:

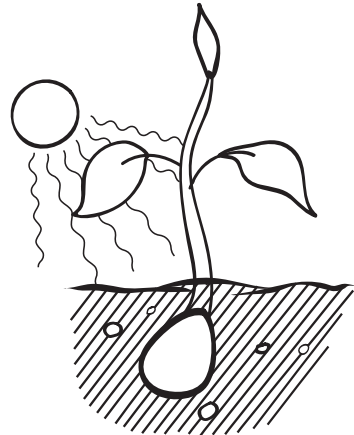
Jump up
Push
Break through



The sun gives the plant heat and light; the energy it needs to grow.

Movement ideas:

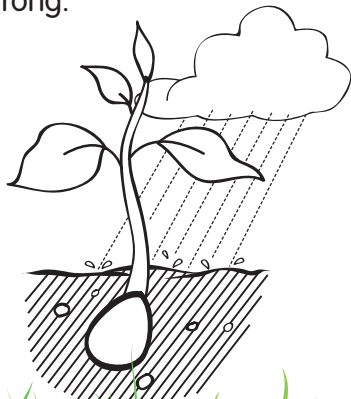
Sway
Bend
Twist and turn



The rain helps the plant to grow tall and strong.

Movement ideas:

Stretch up
Reach out
Shake out



The seed has grown into a beautiful, healthy plant.

Movement ideas:

Open up
Energetic
Sweeping

