

HOPE SPROUTS



What are your hopes and dreams for the year ahead? What quiet wishes lay dormant in your heart? Planting Hope Sprouts is a great new year activity for children and adults alike! Plant your own seeds of hope while learning about the biological and symbolic lifecycle of seeds.



SUPPLIES

- Dried kidney beans
- Soil
- Planter Container
- Paint & Paint Brush (optional)

STEPS

- Choose your planter container! This can be anything from a proper terra cotta pot to a tin can, an empty yogurt cup, or even toilet paper roles! (Click [HERE](#) for upcycled planter ideas).
- Fill your planter with soil, leaving about ½ an inch of space between the soil and the top of the planter.
- If you choose to, decorate your planter; If using paints, be sure to use acrylics or other non-water soluble paints so that the colors don't run when you water your seeds.
- Hope! Hold a kidney bean in your hands, close your eyes, and think about some of your hopes and dreams for the new year. Take a deep breath as you focus on a particular hope, and squeeze your bean tightly, transferring that hope from your heart and into the seed. When you are done, plant the seed about 1" into the soil. Then- Repeat! Plant as many seeds as you wish. Too much hope is never a bad thing!
- When you have finished planting your seeds, choose a sunny spot to place your pot. Over the course of the next few weeks, check on your hope pot daily, giving it water every couple of days. Within a few days, you should begin to see your "hopes" start to sprout! As little green stems and leaves grow out from the dark soil and up toward the light more and more each day, take a moment to reflect on the hopes you symbolically planted, take a deep breath, and hold them in your heart in a moment of gratitude for their growth.

The new year is a perfect time focus on germination. Though the earth may look barren, life is teeming under the surface, preparing to spring forth from the darkness of dormancy. This concept feels especially poignant at the onset of 2021, after what was a very dormant, insular, inactive 2020. New hope is on the horizon, and many of us are cautiously watering seeds of hope for the new year. Why not physically plant those seeds, then watch their growth as we emerge from the darkness of the past year?

PLANTING HOPE SPROUTS SUPPORTS:

SOCIAL EMOTIONAL LEARNING

"Social Emotional Learning (SEL) is an integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions, and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions." -CASEL

NEXT GENERATION SCIENCE STANDARDS

When planting and nurturing their Hope Sprouts, children will explore: Patterns; Cause & Effect; Scale, proportion, and quantity; Systems and system models; Energy and matter; Structure and function; and Stability and change, all while learning about: Life Science; Earth & Space Science; and Physical Science.

EXPLORE THE VIDEO BELOW TO LEARN ABOUT THE SCIENCE OF SEEDS!



LET'S STAY CONNECTED!

We'd love to see photos of your family doing
At-Home Nature Adventures!

Post your photos and videos on Instagram and Facebook
using our hashtags

#LAArboretumKids

and

#LAArboretumAtHome



for a chance to be featured on our social media pages.
Don't use social media? Just email us your footage at
brooke.applegate@arboretum.org.

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