



# **ACTIVITY – 2**

## **JUNE – Grade 6 to 12**

# **ENVIRONMENTAL AWARENESS**





## ACTIVITY - 2

**Activity Title: Kitchen Gardening / Organic Gardening**

**Date: JUNE, 2022**

**Duration of the activity: 4 weeks**

**Classes: 6 to 12**

**Teachers Responsible: Ms Sameera, Ms Catherine & All class teachers**

**Description of the activity :**

*Children's cognitive development needs special care in our modern technology-dominant times. Inappropriate use of digital technologies leads to cognitive stress causing fatigue, restlessness, irritability, and mental health issues. The covid-19 impact may have its implications but we can still build an enabling social environment for our children. What better way than gardening to improve well-being, promote physical activity, healthy sleeping patterns, and nutritious habits? In order to inculcate this a perfect safe space for cultivating an inquisitive mind and moulding ethical social behaviour. Gardening sets the foundation for developing intellectual interests, further nurtured in subjects like chemistry, biology, botany, mathematics, and social sciences.*

**Prior Requirements :**

1. Clay pot / Plastic pot / Used boots / Waste containers / Paint bucket / PET bottles / waste utensils
2. Quality seeds ( Flowers / vegetables )
3. Soil ( loosen the soil by tilling)
4. Manures / Cocopeat / Natural compost ( mix well with soil)

**Tips for creating a Garden :**

- ✓ Easily growing plants : Mint, Coriander, Methi ( Fenugreek ), Mustard, Tomato, Chilli, Spring onions, spinach, Ajwain, Basil, Aloe vera, etc.
- ✓ Clean the pot and make 5-6 small holes at the bottom for the water to drain out.
- ✓ Mix the soil thoroughly. Cover the holes in the pot with small wire meshes or very small pebbles so that the sand or soil does not get in and block the drainage holes.

- ✓ For the activity you should select plants or seeds that will flower or give fruit during the time of your submission.

### **Work to be done :**

#### **Week 1 : Preparation for Kitchen Garden**

- Students are asked to be ready with the required materials for creating a Kitchen Garden.
- Choose a location for the garden that has plenty of sun, ample space and close proximity to your hose or water source.
- Decide your veggies or flowers what produce to include based on your climate, space.
- Mix compost and natural fertilizers into your garden to condition the soil for your plants.
- Place your seeds or plants into the soil, following the depth and spacing directions carefully.
- Gently spray the garden with water to keep the soil evenly moist throughout the growing season.
- Keep a log book to record your observation everyday like planting date, measurement of plant, etc.

#### **Week 2 : Find your enemies**

- Take care to water your seeds and make sure they do not get too much sun or rain.
- Keep checking that the drainage is not blocked or too much water in the soil will destroy the seeds.
- When required you can add more manure and fertilizers to the soil but make sure they are natural and do not have any harmful chemicals.
- Remove the weeds ( unwanted plant )
- Record your observation and problems faced if any in the log book everyday.

#### **Week 3: Reap what you Sow**

- Harvest and enjoy.
- Leafy greens are typically “cut and come again”, which means you can clip off the leaves and they will regrow for another harvest.
- If a plant/crop does poorly the first time you plant it, try again.
- If the fruit didn’t get ripen, leave for sometime
- When submitting your activity label each fruit and flower and also make a display chart of the manures and fertilizers used with information about what it is made of.

#### **Week 4 : Presentation by Students**

#### **LOG BOOK :**

Date	Work Done	Observation	Inference	Measurement

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### **Learning Outcomes :**

- Develops motor skills and cognition.
- Fosters team spirit and companionship.
- Encourages healthy and clean eating.
- Shapes a positive, hard-working attitude.
- Builds rationality and scientific temperament.
- Inspires self-esteem and dignity of labour.
- Improves concentration and focus.
- Instil patients and perseverance.
- Sharpens and channelizes inherent curiosity.
- Builds affinity for the planet and natural environment.
- Promotes values like love, compassion, sharing, harmony, responsibility, and candor.
- Discourages expediency, laziness, rashness, and insensibility.

### **Skills Involved :**

- Motor skills
- Cognitive skills
- Team work
- Positive attitude
- Environmental care
- Moral values

### **Subjects Integrated :**

**English :** Listening skills  
Team work  
Moral values

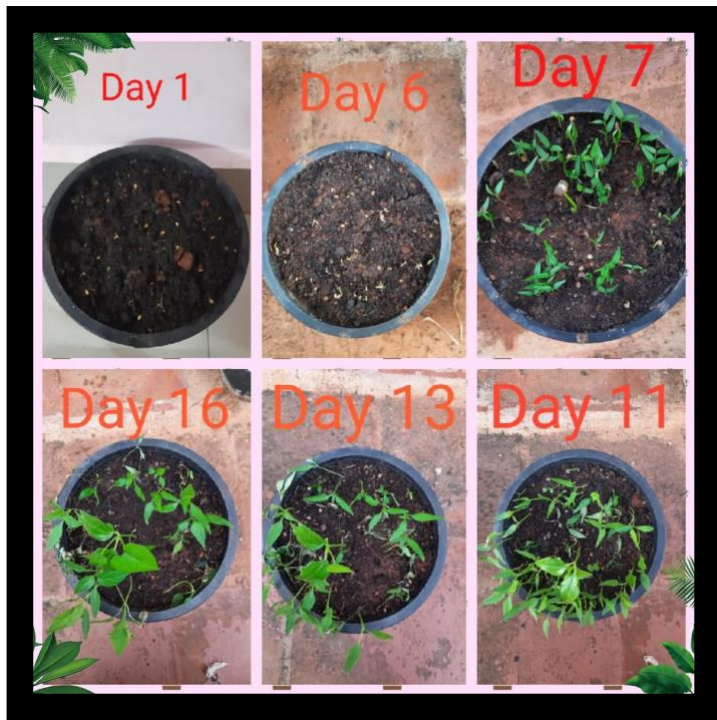
**Science :** Environmental awareness  
Plant Anatomy  
Log book Maintenance

**Mathematics :** Measurement  
Quantitative analysis

**Social Science :** Types of Soil

### **Evidences :**

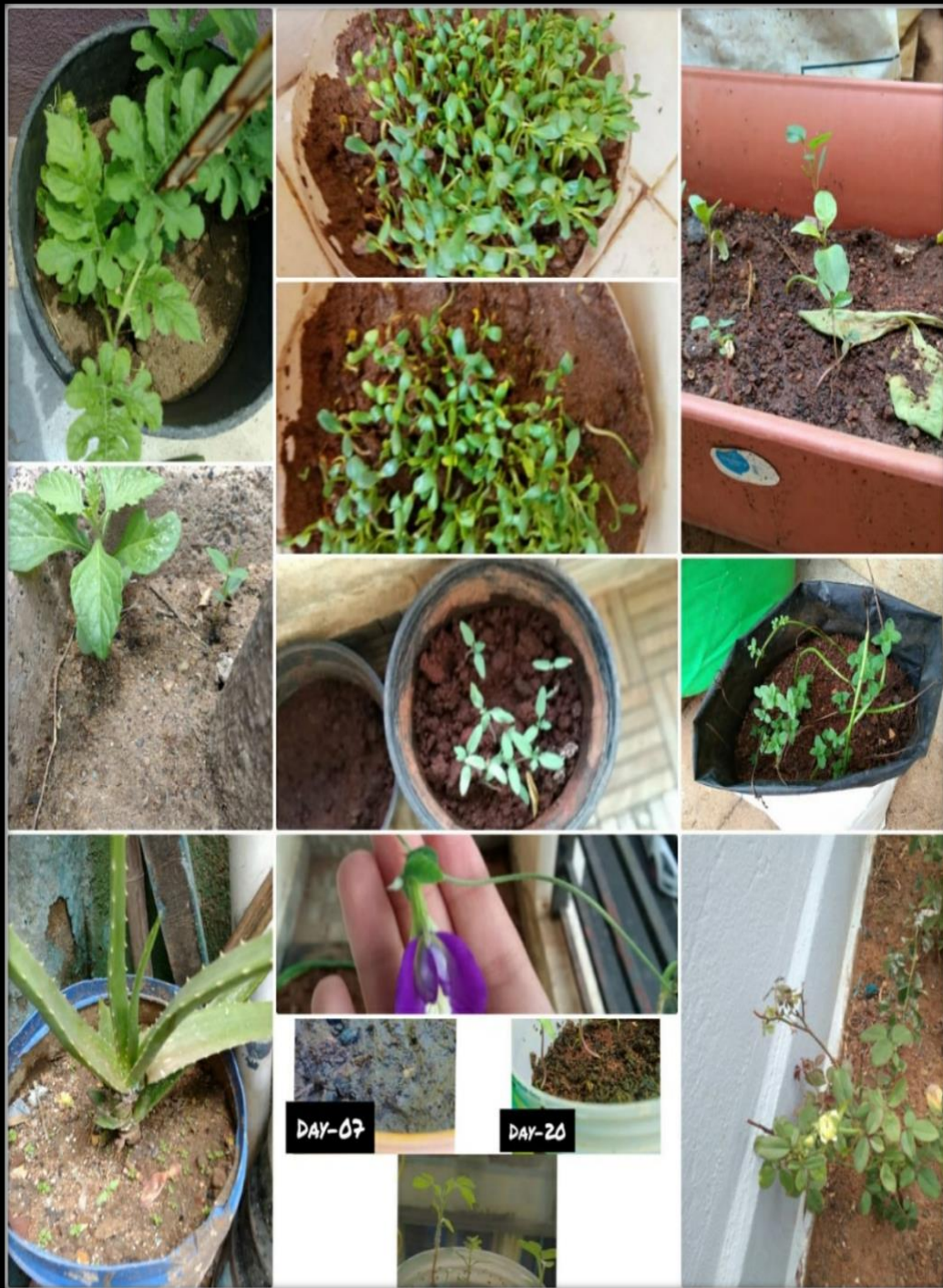
- Garden pictures
- Students log book













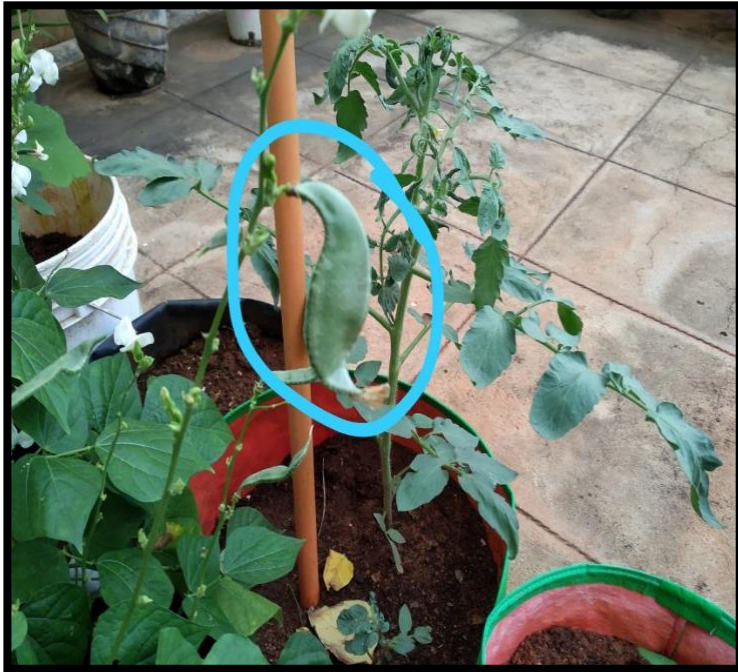




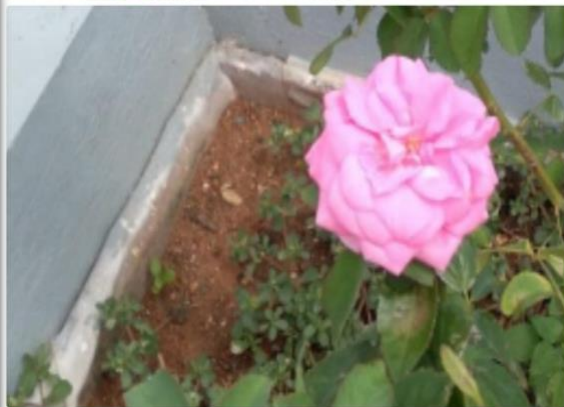














## Log Book

Day 2:	Observation: we planted the mustard seeds and watered it.
Day 3:	Observation: The plant has grown a little bit and we watered it.
Day 6:	Observation: The plant has grown about 5 cm.
Day 9:	Observation: The plant's growth was improving a little and we watered it.
Day 12:	Observation: The plant has grown tall enough and came out.

## Log Book

★ Seed Name :- **tomato**

Days	Observation
1	Sowed the seeds
2	No changes
3	No changes

## Log Book

Group - 5

<p><b>Day 1 -</b> Putting Seed (coriander)</p> <p><b>Day 3 -</b> Measurement - 2 inches</p>	<p><b>OBSERVATION -</b> (Two Leaves) we saw two leaves which was 2 inches and No more leaves came.</p>
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Day 1 13 Monday	We planted fenugreek seed and added water. Result: no growth
Day 3 15 Wednesday	We added water to the plant. Result: No growth
Day 5 17 Friday	We added water to the plant. Result: Baby plant growing
Day 8 20 Monday	We added more water to the plant

## Log Book

Group-2 = SAFIA, RAFFIA, MAHIA, AYESHA, SHARMINA

<p><b>DAY-1</b> I planted a seed. Seed = fenugreek</p> <p><b>DAY-3</b> It had been growing a little bit height = 5cm</p> <p><b>DAY-4</b> More leaves started to grow</p>	<p>Nothing happened</p> <p>I poured more water for the plant morning and evening</p> <p>It absorbed water very nicely</p>
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## Log Book

Group-3

Days	Measurements	Observations	Notes
Day-1	Measurement - 3.4 cm	Two, three leaves were back	Notes: Ayesha, Sharminah, Sharifah, Aisha, Aisha, Ayesha
Day-2	Measurement - 4.1 cm	Every plant was good and healthy started to grow	
Day-3	Measurement - 4.0 cm	Every plant was good and fresh	
Day-4	Measurement - 4.5 cm	One small baby seedling came.	
Day-5	Measurement - 5.0 cm	From fresh leaves came out.	
Day-6	Measurement - 5.5 cm	Some plants got destroyed.	
Day-7	Measurement - 6.0 cm	We poured water and it grew better.	
Day-8	Measurement - 6.5 cm	Chilli plant was amazing.	
Day-9	Measurement - 7.0 cm	Mustard got destroyed.	
Day-10	Measurement - 7.5 cm	Spinach leaves were	

	Kept in sunlight
23/6/22 Thursday	Watered the plant Kept in sunlight
24/6/22 Friday	Watered the plant Kept in sunlight
25/6/22 Saturday	Watered the plant Kept in sunlight
26/6/22 Sunday	Watered the plant Kept in sunlight
27/6/22	Watered the plant

Day	Observation
Day 2 Date - 23/6/22 Measurement - no measurement	Observation - I saw how pencil would be
Day 3 Date - 24/6/22 Measurement - no measurement	Observation - I placed the pot in sunlight for 3 hours
Day 4 Date - 25/6/22 Measurement - no measurement	Observation - The plant has have not grown
Day 5 Date - 26/6/22 Measurement - It has grown to 1 inch	Observation - The plant has growing to 1 inch

AY NO.	GROWTH OBSERVED	OBSERVATION
AY-1	0% growth	We saw fenugreek seeds and measured like size in eggshells
AY-2	6 cm growth	We went to observe it to know the growth of the 6 cm
AY-3	11 cm growth	We went back to observe and was surprised with it a week

WE BY GROUP :- 3

SOWN :- FENUGREEK / METHI

DAY 2: 23/6/22	Seeds grown into <u>plants</u> without fertilizer my plant grown and one glass of water.
DAY 3: 24/6/22	Leaves has been started growing and poured one glass of water.
DAY 4: 25/6/22	Leaves has been grown 2cm long and poured one glass of water.
DAY 5: 26/6/22	Leaves has been grown 3-4cm long and poured one glass of water.

Monday	Observation - Gained the Seed. My Dad's fenugreek.
Day 2	Measurement - 0.1
Tuesday	Observation - gave Sprout The Seed started grow Sprouts.
Day 3	Measurement - 0.2
Wednesday	Observation - It is growing like much.
Day 4	Measurement - 0.3
Thursday	Observation - :
Day 5	Measurement - 1/2
Friday	Observation - It is grown well and show his start grown
Day 6	Measurement - 2
Monday	Observation - The leaf started growing.
Day 7	

DATE	DESCRIPTION
DATE: 13-6-2022 DAY: 1 MONDAY	WE SOWN BRINJAL AND CORIANDER SEED.
DATE: 14-6-2022 DAY: 2 TUESDAY	I WATERED THE PLANTS AND SAW THE GROWTH.
DATE: 15-6-2022 DAY: 3 WEDNESDAY	I WATERED THE PLANTS AND SAW NO GROWTHING.
DATE: 16-6-2022 DAY: 4 THURSDAY	WE SAW GROWTH IN BOTH THE PLANTS.

DATE	DESCRIPTION
DATE: 17-6-2022 DAY: 5 FRIDAY	THE OBSERVATION WORTH THE PLANTS.
DATE: 18-6-2022 DAY: 6 SATURDAY	STILL WE DID NOT SAW ANY SAPPLINGS. WE WATERED THE PLANTS.
DATE: 19-6-2022 DAY: 7 SUNDAY	WE WATERED THE PLANTS NO SAPPLINGS WERE GROWN.
DATE: 20-6-2022 DAY: 8 MONDAY	WE SAW SAPPLINGS IN BOTH THE PLANTS. DUE TO THE RAIN AND NOT FILLED WITH THE WATER. WE SAW THE GROWTH - 0.6 INCH.

