



## Planting Beans

**Module:** II  
**Topic:** Individualized care  
**Type:** Games  
**Group Size:** Individuals, Small Groups, Large Group  
**Time:** 30 minutes

**Purpose:**

To identify the importance of individualized care through use of an active, gardening analogy.

**What you will need:**

Participant Materials	Trainer Materials	Equipment
<p><b>The following materials:</b></p> <ul style="list-style-type: none"> <li>:: Plastic bags that seal (1 per person)</li> <li>:: Paper towels</li> <li>:: Water</li> <li>:: Beans for planting</li> <li>:: Masking tape or labels</li> <li>:: Permanent markers</li> </ul>		

**Directions:**

1. Provide a variety of types of bean seeds suitable for planting.
2. Ask participants to choose an individual bean or two.
3. Ask participants to identify each bean's individual characteristics.
4. Ask them to share their beans' characteristics and the reason for their choice of beans with a neighbor or small group.
5. Ask each person to plant her/his beans in wet paper towels placed inside the plastic bag.
6. Seal bags, label with date and name of caregiver. Encourage them to name their beans.
7. Discuss the care of the seeds/plants:
  - a) Ask what care is needed for the beans to grow well.
  - b) Talk about what can happen if this care is neglected.
  - c) Ask how one can tell what is needed and when it is needed (recognizing needs).
  - d) Talk about understanding growth and development in general, and recognizing individual differences.
  - e) Include the importance of culture and background in understanding and meeting needs.
  - f) Talk about what can happen when plant is moved to a pot; location changes, etc.
8. Make the analogy, comparing care of the seeds to care for children.
9. Revisit at each meeting: Discuss progress, needs, characteristics, reactions to change, etc.

## PITC ACTIVITIES

### Variations:

:: This activity could be used/referenced to discuss the other essential policies, too.

- Primary Care – one primary person paying special attention to characteristics, needs, growth.
- Small groups – impact on seedlings/plants if they are too crowded
- Continuity of care - impact on seedling when transplanted; placed in a different location, etc.

:: Journaling: Participants could be asked to record their plants progress, reaction to change, etc.

### Links to Head Start Program Performance Standards:

:: 1304.21 (a)(1)(i)

:: 1304.21 (a)(1)(ii)

### Activity Developed by:

Penny Blair, PITC Certified Trainer (adapted from a common preschool activity)

### Source Material:



