

## A Celebration of Sunflowers!

Here are some ideas to use in designing a sunflower themed unit. Enjoy!

### Materials Required: A ripe sunflower

Bring in a sunflower head and have your child estimate how many seeds are in it. Take out the seeds, group in tens and count.

You could measure both shelled and unshelled sunflower seeds and see what the difference is in quantity and discuss why.

You could do some research about different types of sunflowers and compare their sizes. Find out how tall certain sunflowers are and measure your child against the height for comparison.

Using yellow paint, allow children to use their thumbs to "paint" flower petals, brown paint and forefinger to paint seeds, green paint for stems and leaves. Discuss the parts of the flower and the colours of different sunflowers.

Kansas is the "Sunflower State", locate Kansas on a map and talk about it. Make "sunflower jello" by making yellow jello in a clear plastic cup put raisins or chocolate chips in the middle to form the center.

Introduce your child to the art of Vincent Van Gogh in a way that will be memorable, educational and fun!



[click on the pictures to learn more about Van Gogh and sunflowers](#)

**Have fun!**