

# Sapling School Learning Resource Ages 3–5

*Wominjeka yearmann koondie biik Wurundjeri Woi Wurrung balluk.*  
Welcome to the land of the Wurundjeri Woi Wurrung people.

Welcome to *Sapling School*, an exciting outdoor expedition for curious kids and their adults developed as part of Abbotsford Convent's Convent Kids program. Explore the sprawling surrounds and rediscover your backyard, the local creek or parkland and get those hands dirty as you play, learn and have fun together outside!

## Activity 1: Planting seeds at home!

Make sure you have some seeds, as it is spring, lots of plants are ready to grow. We suggest peas, beans, tomatoes, basil and sunflowers. You can choose what you like to eat!

Then watch our 'how to' video.

### What you need:

- potting soil (seed-raising mix, not garden soil)
- egg cartons or pots
- seeds
- watering jug
- gloves

Pour your soil mix into recycled egg cartons, or any other pot you'd like to use. Push your finger into the soil to make a small hole, then place your seed inside. Cover with soil and pour a little bit of water on top. Be careful not to flood the seed!

# Convent Kids.



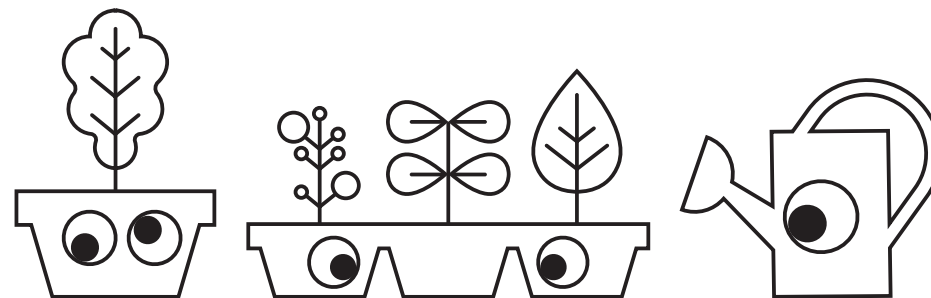
**Plant your seeds, add water and sunlight,  
then watch them grow!**

### Planting tips:

- For planting vegetables, look for soil that is darker in colour, moist, loose and in full sun.
- Experiment and spread your packet of seeds across a few areas of soil so you can work out which area grows best.
- Check out planting calendars online to make sure you are planting in the right season.

Make a visual diary with your child, using photos or drawings to capture the growth of your plant!

**Safety note:** Make sure you wear gloves when handling potting mix and keep the soil moist to limit breathing in any particles.



**Colour us in using your favourite colours!**

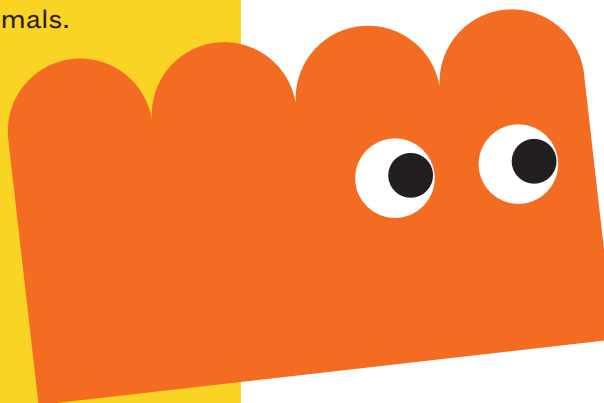
## Activity 2: The Kulin Seasons

Do you know there are Kulin seasons? Each season is marked by the movement of the stars in the night sky and changes in the weather, coinciding with the life cycles of plants and animals.

Right now it's Poorneet (Tadpole) season, which runs from September – October.

In Poorneet season days and nights are equal. Temperatures are rising, rain continues. Pied Currawongs call loudly and often. Myrnong (Yam Daisy) tubers are ready for eating and flax lilies are flowering. Tadpoles change in to frogs. Seeds change and grow into plants that we eat.

**Draw some pictures of Poorneet season.**  
**You might like to include rain, flowers, birds and frogs.**



## Activity 3: Nature Clay Stone Prints

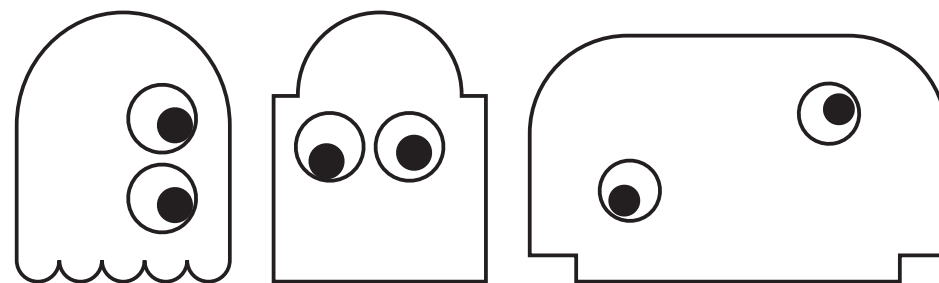
### What you need:

- found natural objects
- natural clay

Collect leaves, seedpods, flowers or any other natural items you can find on the ground. Press into a small ball of natural clay—can you see the imprint?

Let them dry in the warm sunshine.

This clay holds the patterns of nature.  
This earth holds seeds for the future.  
A magic stone;  
To help the seeds grow.



**Colour us in using your favourite colours!**

Abbotsford Convent would like to thank the Wurundjeri Woi Wurrung Cultural Heritage Aboriginal Corporation for the use of Woi Wurrung language used in this document.

Resources relating to Indigenous seasons in your area can be found online. For those interested, we encourage you to get in touch with the Wurundjeri Woi Wurrung Council at the Convent or visit their website at [wurundjeri.com.au](http://wurundjeri.com.au). The information about the Kulin seasons included in this activity sheet has been sourced from public sources online.

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