

Name _____

PLANT LIFE CYCLE YOGA



LETTUCE
GROW

Discussion Questions:

1. What is a life cycle?

Let's do yoga to act out all the stages in a plant's life. Let's start with a tomato plant.

Move Like A Tomato. Act out a tomato plant's cycle starting with the seed. As students hold each pose, reciting each line: '

1. Seed: A tomato seed has a baby tomato plant kept safe inside. *Crouch on the ground with arms wrapped around knees tight.*
2. Roots: Roots hiding underground soak up water all around! *Still crouching in a ball-shape, wiggle fingers on the ground to show roots growing.*
3. Stem: A stem starts to grow straight up, getting ready to make leaves. *Slowly stand up straight with arms at sides.*
4. Leaves: Leaves soak up all the sun, making food - yum! *Hold arms out to sides with palms up towards the sky.*
5. Flower: Up above a tomato flower grows, I hope a bee will surely know. *Hold your arms open up high.*
6. Fruit: A flower turns into a red, juicy fruit that holds seeds kept safe inside. *Close arms above head into a circle shape. Slowly return to the beginning (seed).*

When seeds are planted, this starts the life cycle all over again. What do you think will grow from a tomato seed? You can make sound effects to each movement such as the sound of roots slurping up water, leaves rustling in the breeze, or the buzzing of a bee visiting a flower. Repeat the cycle again or try making up your own poses for a different plant!