



L O V E Jars and a song for Valentines Day or any day!  
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You can download the Planting Seeds of Love song FREE!  
<http://www.plantingseedsoflove.com/download-original-song-free/>

Additional verses to use with this activity include planting seeds of peace, hope, song in my heart and/or planting seeds of love in my home, school, class.

**Materials Needed:**

4 clear jars.

Place one large letter on each so they spell LOVE when next to each other on a shelf.

Or...use just one jar with the word LOVE or a heart on it

**Activity:**

Let the children cut the top of packets of wild flower seeds.

Let the children pour all of the seeds into a clear bowl.

Place a small spoon or scoop next to the bowl.

Use a black marker and draw an arbitrary line around the jar near the top to specify when there are enough seeds to be planted.

Sing: We are planting seeds of Love in our school or class.

Talk about the ways you observed the children “planting seeds of love” during the day. Be specific so the children understand the deed and the effect.

Helping each other

Cleaning the classroom

Recycling

Waiting for a turn

Listening to one another

Standing still

Eating all of their lunch

Showing manners at snack

Saying please, thank you, may I, excuse me, etc. (Grace and Courtesy)

Remembering to use soft and kind voices, peaceful hands, walking feet

For example...

I saw children picking up scraps of paper and placing them into the recycling bin for paper.

That helps to keep our classroom neat and clean.

Recycling helps to keep the planet clean.

Recycled paper can be made into other materials such as ...

Let the children join in and share.

Place a spoonful of seeds in a jar for each activity of “planting seeds of love” that has been observed. Or just one scoop for the entire list.

When the seeds have reached the black “planting line” go out to the garden. Let each child sprinkle a scoop.

Make sure you will have enough for each child.

If you have no garden for planting you can give each of the children a small, cloth bag with a draw string.

Amazon, Art supply and fabric stores should have them.

Red or pink would be fun for Valentines Day.

I suggest one color for all to avoid disappointment.

Let the children fill the bag with a funnel or a specific number of scoops.

This will make for a nice job of practical life and fine motor skill.

Let the children make a name tag to attach to the draw string.

Option for actual seeds.

Use pink, white, purple and lavender colored seed paper (Amazon has a wide variety. Some are small heart shapes.)

Have the children make paper seeds by using a hole punch.

Or let them tear the paper into small pieces for the seed bowl.

Both of these activities are fun and strengthen fine motor control.







