

STEM

starts now

Garden Herbs

Recommended Age: 25–30 Months

STEM concepts: Science (life science, earth science), Technology (simple tools), Math (patterns and classification)

Materials: Fresh herbs (basil, rosemary, mint, cilantro, parsley, oregano), baking sheet, paper towels, magnifying glass

What to do: You may choose fresh or dried herbs to gather. Try and make sure you have as much of a full piece of the herb as possible. Place paper towels on the baking sheet and place the herbs on it. Explore one herb at a time with your child. Look at the herb, smell it and taste each individual herb. Use the magnifying glasses to have a closer look.

Language and Communication: Talk with your child about the things herbs need to grow and what we use herbs for as humans. Discuss how herbs are plants that have leaves, stems and their own smells and tastes. Ask your child to compare two different herbs and see if they can spot the differences. Ask your child if they have one that tastes the favorite to them.

Expand the Activity: Try growing the herbs with your child. Purchase seeds, potting soil and pots and make this activity last for months. Extend this activity further by including your toddler into making dinner using their fresh herbs!

