



WE DISCOVER, WE GROW

**Girlguiding**

*North Yorkshire West County*

**SPREAD  
A LITTLE  
SUNSHINE!**

**Sunflower Challenge**

Who can  
grow the  
tallest?





## Sunflower Challenge



Plant your sunflower seed and help it grow with soil, water and sunshine.



Draw a picture of a sunflower



How many words can you make from the word SUNFLOWER?



Complete the attached wordsearch



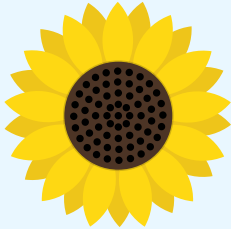
Create a sunflower from household objects;  
clothes, rubber gloves, buttons etc



Create a poem about a sunflower



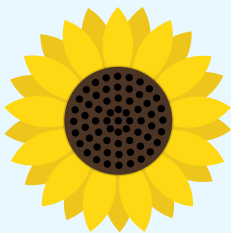




## **Sunflower plant container ideas!**

You can use recycled and upcycled items to plant your seeds:

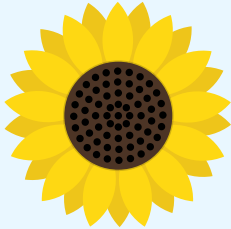
- yoghurt pots
- milk cartons
- plastic bottles
- egg cartons
- eggshells
- hollowed out lemons!



## **Sunflower care tips!**

- Plant seeds 2.5cm deep in their pots
- Plant them outside in June
- They need full sun
- Make sure they are sheltered from the wind
- Watch out for slugs!
- Water them regularly





## Height record!

YOUR NAME

UNIT

Record your sunflowers height in centimetres

MAY

JUNE

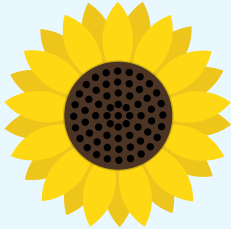
JULY

AUGUST

SEPTEMBER

A large yellow sunflower with a black dotted center. A black circle with white dots is positioned in the center of the flower, containing the text 'Talking to your sunflower might help it grow! :)'.

Talking to  
your  
sunflower  
might help it  
grow! :)



## Word Search

B	E	Z	J	A	U	R	L	F	L	O	W	E	R	D	R	V	K
G	Z	V	N	K	Y	H	V	B	R	I	G	H	T	S	Y	Y	Z
V	A	J	Z	G	C	A	R	P	I	P	A	I	N	Q	Q	E	J
N	Z	R	B	O	F	P	O	F	G	L	U	T	T	A	L	L	A
H	A	F	D	P	D	P	X	J	C	Z	O	Z	E	W	R	L	W
G	R	T	R	E	J	I	M	Z	O	A	Q	L	G	N	O	O	W
R	E	B	U	F	N	N	E	H	A	P	P	Y	W	S	U	W	O
O	H	C	B	R	Q	E	S	U	D	B	N	P	A	E	N	W	W
W	L	L	S	M	E	S	P	O	S	U	N	B	T	E	D	B	D
B	J	X	C	T	L	S	W	Z	I	Z	D	B	E	D	T	K	A
N	V	G	R	E	E	N	D	T	J	L	P	J	R	S	I	G	C
Y	A	M	S	U	M	M	E	R	G	Y	Z	K	R	R	C	M	Z

Find the following words in the puzzle.  
 Words are hidden → ↓ and ↘ .

BRIGHT  
 FLOWER  
 GARDEN  
 GREEN  
 GROW  
 HAPPINESS

HAPPY  
 NATURE  
 ROUND  
 SEEDS  
 SOIL  
 SUMMER

SUN  
 TALL  
 WATER  
 YELLOW