



Easy Kids Gardening Activities

Get Outside and Garden

As we all face these unpredictable times, our friends at KidsGardening created and shared these ‘tried and true’ plant-based activities that are joyful for any age and don’t involve any screen time. The national nonprofit reaches close to half of a million educators, parents and volunteers with free online gardening educational resources and activities.

According to a [study](#) published in the [Journal of Physiological Anthropology](#), active interaction (like touching and smelling) with indoor plants can reduce physiological and psychological stress. Outdoor time in nature is equally powerful for restoring a sense of well-being and balance. [KidsGardening](#) sees firsthand the positive and life-changing experiences plants and gardening brings to children.

Here are Top 10 Recommended Kids Gardening Activities

1. [Kitchen Scrap Gardening](#): Help the planet and clean up your kitchen, this one is a great way to think about where your food comes from.
2. [Seed Viewer](#): There are many different ways to explore plants with simple dried beans from the soup grocery store aisle.
3. [Plant People](#): Create your own “chia pet” family.
4. [Grow Your Own Salad](#): We bet you won't stop doing this activity as kids who grow edibles are more likely to eat them. Adults too!
5. [Pressed Flowers](#): Save beautiful spring blooms for future crafts. Pressed flowers provide a base for numerous projects and gifts.
6. [Leaf and Flower Prints](#): Engage those high energy kids with this fun craft that uses a mallet.
7. [Make More Plants from Houseplants](#): Houseplants make great gifts and what a great 'giving' activity or to ensure more rooms have the benefit of houseplants.
8. [Hydroponics](#): Ever wonder how hydroponics really work? All that's needed is a cup with a cover, water, and seeds.
9. [Garden Scavenger Hunt](#): Turn garden exploration into a game! You can even have prizes for those competitive family members.
10. [Soil Art](#): No paint on hand, no problem. With a little glue and water, soil can inspire creative artwork.

If you're looking for additional ideas, KidsGardening has even more [lesson plans](#), [garden activities](#), and [garden basics](#). Or look to additional kids gardening inspiration from NGB – [Butterfly Gardening for Children](#) and [Kids, Gardens & Games](#).

About KidsGardening

Gardening changes and improves kids' lives, their communities, and the planet. KidsGardening has been a leader in the youth gardening movement since launching the Youth Garden Grant in 1982, the first and longest-running program of its kind. As a national nonprofit, they inspire and support garden educators, volunteers, and families by offering grants, original educational resources, and by creating a community of dedicated youth garden advocates. Garden-based learning improves nutritional attitudes and educational outcomes, enhances social and emotional learning, and gives rise to environmental stewardship in youth across the country.

NGB is a proud supporter of [KidsGardening.org](https://www.kidsgardening.org). We thank them for the above tips. Please credit KidsGardening and National Garden Bureau when using all or parts of this article.

*For more information: Contact Diane Blazek at National Garden Bureau by **e-mail**.*

Founded in 1920, the National Garden Bureau is a non-profit organization whose mission is to disseminate basic instructions for backyard gardeners and those who want to garden, that will inspire them to spend more time outdoors, enjoying all nature has to offer.

