



# MY 'I CAN' ACHIEVEMENT CHECKLIST

Natural Wellness Play - Growing Skills & Confidence



## Welcome Young Gardener!

This is YOUR special checklist to track all the amazing things you learn and do! Tick each box as you master new skills. There's no rush - everyone learns at their own pace. Celebrate every achievement, big or small!

Name: \_\_\_\_\_ Date Started: \_\_\_\_\_

## So let's start with the basics



## Plant Care Basics

- ☐ I can water plants gently without overwatering
- ☐ I can tell when plants need water (soil feels dry)
- ☐ I can handle seeds and small plants carefully
- ☐ I can follow simple planting instructions
- ☐ I can use appropriate tools safely

**If you can do all of that - let's see what else you can do.**





## Observation Skills

- ☐ I can notice daily changes in plants
- ☐ I can describe what I see using simple words
- ☐ I can recognise different plant parts (roots, stems, leaves)
- ☐ I can spot insects and wildlife in the garden
- ☐ I understand seasonal changes



## Scientific Thinking

- ☐ I can ask questions about what I observe
- ☐ I can make simple predictions ("I think this will...")
- ☐ I can notice cause and effect relationships
- ☐ I show curiosity about how things work
- ☐ I enjoy exploring with all my senses

**Well done so far. Now let's see what else you can do.**



## Advanced Plant Care

- ☐ I can plan watering schedules independently
- ☐ I can recognise signs of plant stress or disease
- ☐ I understand different needs of various plants
- ☐ I can propagate plants from cuttings
- ☐ I can manage multiple projects simultaneously



## Scientific Method Application

- ☐ I can form hypotheses before experiments
- ☐ I can design fair tests with variables
- ☐ I can record observations systematically
- ☐ I can draw conclusions from results
- ☐ I can suggest improvements to experiments



## Planning and Organisation

- ☐ I can create seasonal planting schedules
- ☐ I can manage garden calendar activities
- ☐ I can plan companion planting arrangements
- ☐ I can coordinate harvest timing
- ☐ I can maintain organised records

**Now for some more advanced stuff.**



## ADVANCED RESEARCHERS



## Independent Learning

- ☐ I can research plant care using multiple sources
- ☐ I can identify and solve problems independently
- ☐ I can adapt techniques based on results
- ☐ I can plan complex, long-term projects
- ☐ I can evaluate and improve methods



## Leadership and Teaching

- ☐ I can explain concepts clearly to others
- ☐ I can demonstrate techniques to younger learners
- ☐ I can lead family garden projects
- ☐ I can mentor siblings in garden activities
- ☐ I can contribute to family decision-making



## Innovation and Creativity

- ☐ I can develop new growing techniques
- ☐ I can design efficient garden systems
- ☐ I can create original experiments
- ☐ I can find creative solutions to challenges
- ☐ I can integrate learning across subject areas



 **Remember: Everyone learns at their own pace!**

**There's no rush to tick every box.  
Celebrate each achievement as it comes!**

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