



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



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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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