
Poppy sensory story

A dry poppy seed head dances and shakes in the wind.

Rattle the shaker.

As it moves in the wind the seeds begin to fall.

Sprinkle some poppy seeds down.

One seed comes to rest on the ground, it is slowly covered by soil and leaves.

Share the seeds and pots of soil, explore or sprinkle soil over the seeds.

The seed waits through the cold of autumn and winter, sinking deeper into the soil, creatures pass by, finally, the seed feels the warmth of spring.

Pass around a heated hand warmer or hot water bottle.

The poppy seed is ready to grow, the seed splits, roots spread down as shoots stretch up.

Stretch down like a root and up like a shoot.

The shoot eases out of the soil, seeking sunlight, growing leaf after leaf, until it is tall and strong.

Pull up the leaf ribbon growing leaf after leaf.

Flower buds grow, and open, revealing its hot red petals.

Open your hands like a flower bud.

The petals are smooth to the touch, and oh so attractive to the bees, butterflies and beetles.

Explore the red petals.

In the hazy days of summer, the poppy gladly shares its nectar, feeding the creatures that in turn carry and share the poppies pollen.

Taste the honey.

The air begins to cool, the petals fall, and the poppy seed heads grow full.

Let the petals fall.

The poppy seed head dries and begins to dance and shake in the wind.

Shake the shakers.