

# Three Sisters Farming

## Objectives:

- Students will learn the importance behind three sisters farming and the ways in which each plant is able to benefit from the others
- Students will engage in social interaction with other students
- Motor skills

## Materials:

### Activity 1:

- Printable colored paper or regular computer paper

### Activity 2:

- Computer paper
- Colored pencils/crayons/markers

## Preparation:

### Activity 1:

Create the cards in which the kids will use in the activity. Either print the sets of the three different plants (sisters) on different colored sheets of paper or print out each sheet on regular computer paper and draw a different symbol (ie. a star, square, heart) on the bottom of each set of sheet.

### Activity 2:

Print out enough sheet of paper for each child to have their own. Bring out the coloring tools.

## Introduction:

Begin by asking the kids about how many siblings they have or members of their family. Steer the conversation about the number and size of their family to the different tasks that each family member plays in the family. For children with no siblings let them come to the conclusion that each family member plays a different role (ie. the mother cooks dinner, the father cleans the house and the child does their homework). For families with siblings, let the children come to the realization that each child is a necessary component of their family (eg. each child has a different chore that collectively work together to clean the house). Let the children come to the conclusion that the house would not run properly if they did not have each member doing their part. Raise the point that this type of symbiotic relationship does not only exist in family

dynamics, but can be seen in several other ways. Mention how plants, just like humans can help each other in the process of growing, just as three sisters are able to help each other.

**Activity 1:**

1. Give each child a card at random face down.
2. Let the children flip over their cards and let them look at the picture of the vegetable they were given and read the name of it and its facts below the picture.
3. Explain to the children that their card matches two other cards in the class, although they are not identical and that they must find their sister plants.
4. Do some sort of count-down or other means to get the children to begin mingling with each other in order to find their other “sisters.”
5. Once they finish forming clusters you can tell them to stop and sit down with their partners and compare what is on each card. Do this by means of having each child pass their card off in a circle in their small groups.
6. Let them pass the cards again so they are able to see every card.
7. Come back together as a whole group and mention how each plant (corn, beans, and squash) are dependent on the others for growth.
8. Ask to have three separate children read off what is on each card.

**Activity 2:**

1. Pass out a sheet of paper to each child.
2. Let them each go up to the colored pencils or other coloring tool to pick out three different colors.
3. Once they come back to their seats, explain that the picture is of the three sisters working together to grow. They must notice the difference between the corn, beans and squash and color in each one with a different color.
4. Allow them to start coloring.
5. Once they are finished, have each child put back the coloring tools.

**Wrap-up:**

Ask the children what they have learned from these activities. Steer them to the point that each plant provides the others with certain benefits that they cannot live without. Mention how they are also growing the three sisters together outside. If the plants are far along in the growing

process, let them go see the relationship of how the growing of each plant is strengthened by having the others nearby. To finish up, tie back in the idea of how there are several other relationships in the world that require different plants or people to come together to create something magical.

**Sources:**

<http://www.reneesgarden.com/articles/3sisters.html>

<http://www.trcabc.com/resources/thanksgiving-squanto-and-the-three-sisters-printable/>