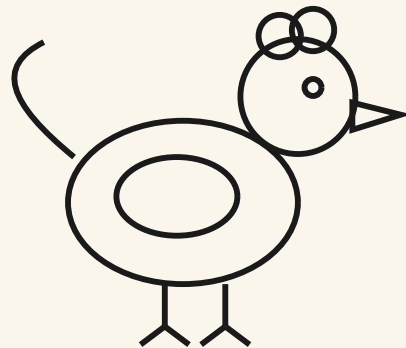
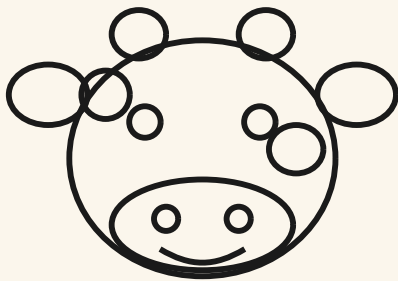


PLANTY KID

Activity Pack

Ages 10-12 - Kindness Champions

Real science, real empathy, real choices. Puzzles with a bit more bite.



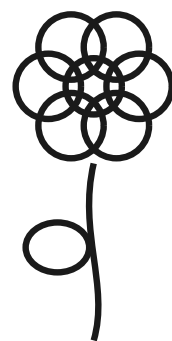
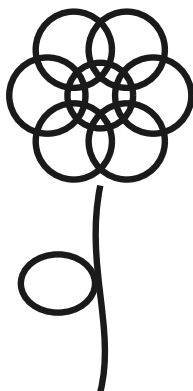
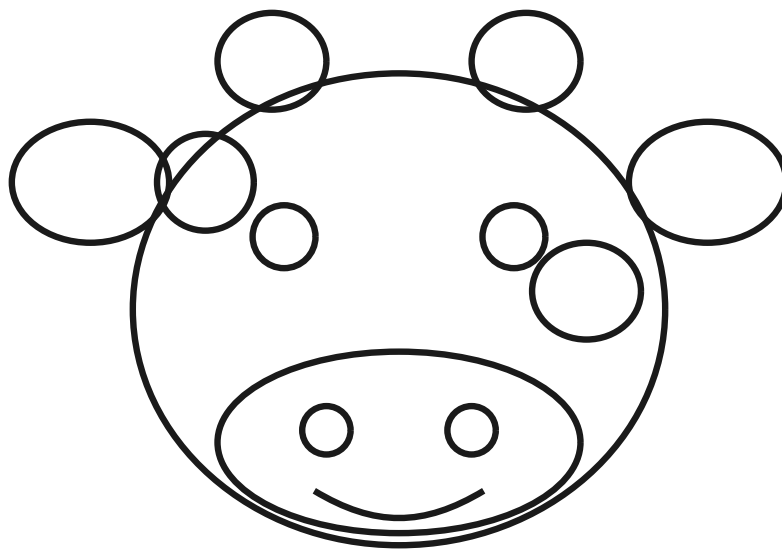
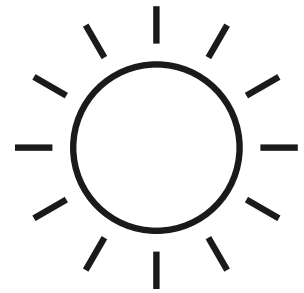
What is inside

- 2 coloring pages
- 1 puzzle page with an answer key
- 1 thinking activity
- 1 plant-powered recipe to cook together
- A kindness mission checklist
- A certificate to fill in and put on the wall

Shelter	Food and water
Friends	Space to play

Draw and colour the perfect home for a rescued animal: shelter, food, friends, space to play.

Coloured by: _____



Colour Clara, then label three clues that show how she is feeling.

Coloured by: _____

Plant food word search

Words hide across, down and diagonally

Planty Kid
plantykid.com

Q	W	I	M	G	U	A	X	F	H	Q	S	N
E	L	B	R	L	E	N	T	I	L	S	O	P
P	F	Z	T	Z	M	M	I	X	T	I	S	E
G	U	N	C	C	W	V	W	S	E	T	T	A
J	W	Z	K	U	J	M	U	L	A	U	T	N
K	A	O	A	U	Z	O	A	O	F	X	Q	U
S	E	E	D	S	B	K	K	O	J	N	E	T
F	R	I	C	E	E	S	T	Y	N	I	X	K
I	G	L	V	T	A	K	I	E	I	X	V	E
C	W	X	E	E	N	Q	C	A	R	R	O	T
X	M	Z	J	Z	S	B	U	D	Y	Q	V	Y
Z	K	N	Q	W	B	E	R	R	I	E	S	Z
A	Y	F	V	D	S	V	D	J	F	J	B	P

Find these words:

LENTILS TOFU KALE BEANS

SEEDS PEANUT BERRIES CARROT

OATS RICE

Five welfare needs planner

Think, notice and write

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plantykid.com

Every animal has five welfare needs. Choose an animal, then plan how a sanctuary would meet each need.

My animal: _____

A suitable home

The right food and water

Company (or space away from others)

The chance to behave naturally

Protection from pain, injury and disease

Cook together: Sunshine Lentil Soup

About 25 minutes - A grown-up handles the hob and the blender.

Planty Kid
plantykid.com

Ingredients

- 1 chopped onion
- 2 carrots, chopped
- 150g red lentils
- 1 tsp mild curry powder
- 800ml vegetable stock
- Squeeze of lemon

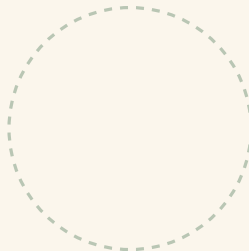
Steps

1. Soften the onion and carrots in a little oil.
2. Stir in the lentils and curry powder.
3. Pour in the stock and simmer for 20 minutes.
4. Blend until smooth (grown-up job).
5. Finish with lemon and taste before serving.

Did you know?

Lentils give you protein and iron - pair them with lemon so the iron absorbs better.

Draw your finished plate



Kindness missions

Tick one off whenever you complete it - no rush, no scores

Planty Kid
plantykid.com

- ☐ Read a label and find one ingredient you did not expect.
- ☐ Plan and cook a plant-powered meal for your family.
- ☐ Research one animal sanctuary and write three facts about it.
- ☐ Swap one everyday food for a plant-powered version for a week.
- ☐ Write a kind letter to someone who works with animals.
- ☐ Start a wildlife corner: log every creature you spot for a week.
- ☐ Explain to a friend why animals feel things too.
- ☐ Save water: time your shower for three days and note the change.

My own mission

Plant food word search

Words hide across, down and diagonally - ANSWER KEY

Planty Kid
plantykid.com

Q	W	I	M	G	U	A	X	F	H	Q	S	N
E	L	B	R	L	E	N	T	I	L	S	O	P
P	F	Z	T	Z	M	M	I	X	T	I	S	E
G	U	N	C	C	W	V	W	S	E	T	T	A
J	W	Z	K	U	J	M	U	L	A	U	T	N
K	A	O	A	U	Z	O	A	O	F	X	Q	U
S	E	E	D	S	B	K	K	O	J	N	E	T
F	R	I	C	E	E	S	T	Y	N	I	X	K
I	G	L	V	T	A	K	I	E	I	X	V	E
C	W	X	E	E	N	Q	C	A	R	R	O	T
X	M	Z	J	Z	S	B	U	D	Y	Q	V	Y
Z	K	N	Q	W	B	E	R	R	I	E	S	Z
A	Y	F	V	D	S	V	D	J	F	J	B	P

Find these words:

LENTILS TOFU KALE BEANS

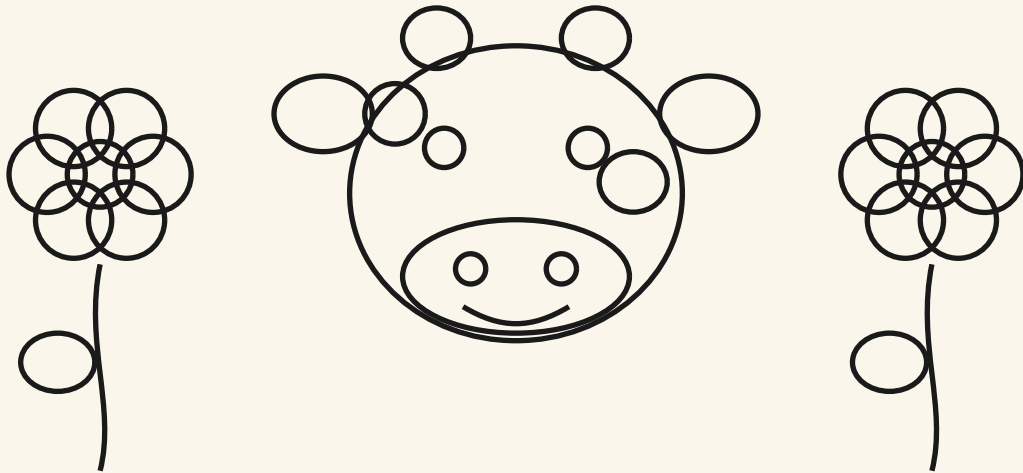
SEEDS PEANUT BERRIES CARROT

OATS RICE

Certificate of Kindness

This certifies that

completed the Planty Kid Ages 10-12 activity pack,
learned how animals feel and think,
and promised to treat every animal with kindness.



Date

Signed by a grown-up