

Plant a Seed Activity

You will need

- Tables covered with plastic sheet - this activity can get messy
- Foil Pans or similar containers
- Scoops and spoons - different sizes and colors
- Small fiber plant pots* and potting soil (available at local garden stores)
- Seeds - beans are great, but I have use peas, marigold, sunflower and nasturtium seeds
- Spray bottles and water
- Wooden markers and pens (for each participant to write their name)
- "Caring for your plant" instructions
- Clean-up materials including hand-cleaning materials

Preparation

- Fill foil pans approx half full with soil - one for every six participants
- Put 3-4 scoops on top of each pan of soil. This will ensure sharing
- Seeds - a minimum of two per participant in containers
- Water in spray bottles - two for every six participants
- Provide enough markers for every participant and a selection of colored pens
- Put out enough "Caring for Your Plant" instructions for everyone

Instructions

Explain and demonstrate:

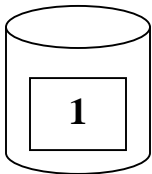
- Fill two thirds of fiber pot with potting soil using hands, spoons or scoops
- Add two seeds and cover lightly with more soil
- Lightly spray the newly planted seeds with water
- Write your name on marker and place in pot. (Remind everyone to take their newly planted seed home!)
- Remind everyone there are care instructions for them to take home

Have participants work in groups to plant their seeds. Encourage them to work together and to note the many developmental and pre-kindergarten skills involved in this activity.

**When working with small groups I have had participants make their own pots, using commercially made pot makers and newspaper strips, to be used instead of fiber pots.*

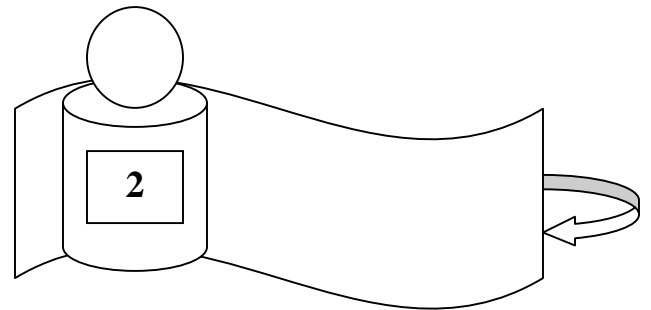
Paper Pot Maker from Seeds of Change

With a Maple Pot Maker, it's easy and fun to create an endless supply of 2 1/2" starter pots from old newspaper. An ecoconscious alternative to plastic or peat, they can be put right in the ground at transplanting time. They can be bought from www.seedsofchange.com for \$16.00

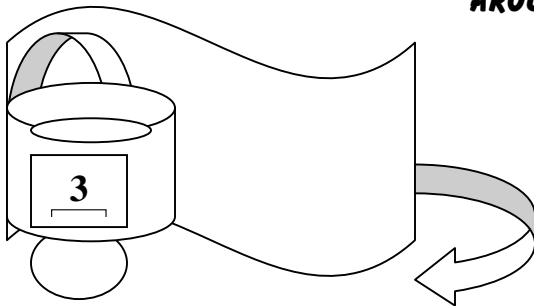


1. TAKE YOUR NEWSPAPER AND YOUR POT MAKER

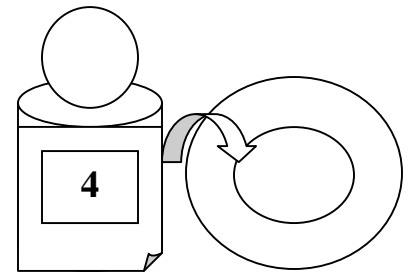
2. AND WRAP THE NEWSPAPER AROUND THE POT MAKER



3. TUCK IN THE ENDS ON THE BOTTOM BY FOLDING THEM IN.



4. THEN PLACE THE POT MAKER WITH THE NEWSPAPER ON THE BASE. WHILE APPLYING PRESSURE, TWIST IT ABOUT FIVE TIMES ON THE BASE.



5. WHEN YOU ARE DONE, SIMPLY SLIP THE NEWSPAPER OFF. YOU NOW HAVE A SMALL PLANT POT