



Children's Activity – Growing Seeds

Germinating seeds with kids is a fantastic way to teach them about plant life cycles and foster an appreciation for nature. Here are some fun and educational ideas for germinating seeds with kids:

Eggshell Seed Starters: Save eggshells and use them as seed starters. Clean and decorate the eggshells, then fill them with soil and plant the seeds. Once the seedlings are ready to be transplanted, you can place the entire eggshell into the soil, as the eggshell will naturally decompose and provide nutrients.

Window Herb Garden: Choose easy-to-grow herbs like basil, mint, or chives. Plant the seeds in small pots or containers and place them on a sunny windowsill. Kids can watch the herbs grow and use them in cooking once they're ready.

Recycled Materials Planters: Encourage eco-friendliness by using recycled materials as planters. For example, you can use empty yogurt containers, milk cartons, or soda bottles. Fibre egg cartons are great too! Allow the kids to decorate these containers before planting the seeds.

Sponge Gardens: Cut kitchen sponges into smaller pieces and place them in a shallow tray. Moisten the sponges and sprinkle seeds on top. Keep the sponges moist, and kids can observe the seeds germinate and grow on the sponges.

Sprout Heads: Turn gardening into a creative activity by using old nylon stockings or socks to create "sprout heads." Fill the foot of a clean nylon sock with some grass seed, add soil, and tie a knot at the top. Decorate the sock to resemble a face, and as the grass grows, it will create "hair" for the sprout head.

Seed Journal: Combine science and creativity by keeping a seed germination journal. Have kids draw and write about the different stages of seed germination, from planting to sprouting. This not only reinforces learning but also serves as a keepsake.

Remember to choose seeds that germinate relatively quickly, as this will keep kids engaged and excited about the process. These include Sunflowers, Lettuce, Beans, Basil, Nasturtiums, Cherry Tomatoes, and Peas. Additionally, involve them in every step, from planting to caring for the seedlings as they grow.