



## PLANTING SEEDS

Suits ages 8 months – 60 months



### ***What you'll need***

Seeds

Plant pots (or you could use yoghurt pots, egg boxes or old cartons)

Water

Compost

Spoons

### ***What you do***

1. Start by picking out your own seeds. Sunflowers and sweet peas are a good starting point for the start of spring.
2. Fill a pot with compost, and pop the seeds in an inch each or so in the compost using a spoon.
3. Water

This activity is perfect for developing an understanding of how plants grow and what they need to grow. Talk to children about the differences of the plants, looking at the colours as they start to grow and bloom. Mathematics can be explored by measuring daily growth and comparing sizes of differing plants – especially if you are growing sunflowers.