



## Planting Seeds

### For this activity you will need:

- Small containers about 2 to 3 inches deep (egg cartons, yogurt cups, plastic pots, etc.)
- Soil from a bag (do not use outdoor garden soil!)
- Seeds (sunflowers, zinnias, cosmos, radishes, lettuces, and dill all grow quickly)
- Spray bottle
- Craft sticks
- Coloring markers
- Plastic wrap



### Step 1

Make sure your containers are clean and dry. Ask an adult for help to poke a drainage hole in the bottom.

### Step 2

Moisten the soil. If you squeeze a clump and water comes out, add more soil. It should be damp but not soaked.

### Step 3

Fill up your containers, leaving about half an inch or so at the top. Gently tap the container to settle the soil; don't compress it.

### Step 4

Read the seed packet to determine how deep to plant them. For a small pot, kids can plant five seeds: one at the top, bottom, left, right and middle. Mist the top with a spray bottle (this will keep the seeds moist without drowning them).

### Step 5

Decorate your craft sticks with the name of the seeds and place these in the soil.

### Step 6

Lightly cover the top of the pot with plastic. This will help keep them from drying out and keep them warm.

### Step 7

Place them in a warm, sunny spot, then let the magic happen! Check and mist the soil regularly so it doesn't dry out.

### Step 7

Remove the plastic once the seedlings emerge, and rotate the pot every couple of days so they don't bend toward the light. To water now, place them in a tray and water them from the bottom. This will help the plant grow stronger roots.

### Step 8

Once the seedlings have two or three leaves and have grown a few inches tall, transplant them to bigger containers.