

Indoor gardening

What to do:

- Fill your chosen container with soil.
- Using your finger, make a hole in the soil, plant and cover your seed.
- Gently water.
- Leave in a sunny spot and wait patiently for the seeds to germinate.
- Water regularly.

What you need:

- Soil
- A sunny spot/windowsill
- Yoghurt pots, cardboard egg boxes, old fruit trays
- Seeds, e.g. cress, lettuce, sunflowers

Benefits of this experience:

Learning new vocabulary such as germination and photosynthesis. Opportunities to talk with your child about how to look after a plant and what a plant needs to grow healthily.

Story and rhyme time:

Visit your local library to find these books:
'The Tiny Seed' by Eric Carle
'Eddie's Garden and How to Make Things Grow' by Sarah Garland



Suitable for:

All ages

