I CAN SPROUT A SEED!

SEED

COTTON

BAG

WHAT TO DO...

- Label your dish with your name.
- Place cotton ball in dish.
- Drip water on the cotton ball until it is damp, but not too wet.
- Sprinkle the seeds evenly over the cotton ball.
- Put the dish into the plastic bag and store in a safe location.
- Check the dish every day. Keep the cotton ball damp.
- 7. Watch what happens!
- 8. Once the seed has sprouted and formed a couple of leaves (called cotyledon) you may place it in a small pot of dirt, in which there are holes in the bottom to allow more water than the plant might need to escape.
- 9. Place in a warm, sunny window. Water regularly.



carbohydrate, vitamins, oil, protein, minerals

What do you need to provide your seed to make it sprout?

love, warm temperatures, attention, water, soothing music, proper nutrients see page 10 for correct answers

HOW A SEED SPROUTS...











hours

12 hours

17 hours

24 hours

48 hours



The wellness of plants is very much like the wellness of people. Explore how plants react when exposed to second-hand smoke, smog, too much sun, temperatures that are too hot/too cold, loud noises over a long period of time?







DISH

WATER

