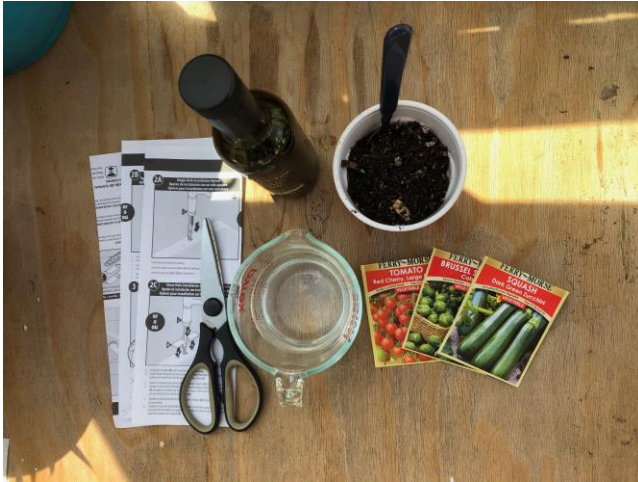


Growing Gardens

Explore what plants need to grow while creating an easy, DIY planter out of recycled materials.



Materials: Newspaper or recycled paper, scissors, soil, seeds, watering cup, a round bottle (sauce bottles work great!)

Step 1: Grab your adult to help you cut the newspaper into rectangular strips.

Step 2: Wrap paper around your bottle, leaving 1-2 inches of paper hanging over the end.



Step 3: Fold down the paper over the base of the bottle to create the bottom of your planter. This is a great time to practice those fine motor skills.



Step 4: Play in the dirt! Just like you, plants need food to survive. Plants get their nutrients from soil which helps them grow big and tall. What foods do you eat to help you grow?



Step 5: Explore the soil as you scoop it into your planter. What do you feel? Smell? See?



Step 6: Add your seeds!

Step 7: What else do plants need to survive? You guessed it! Water! Help your seed out by giving it water. What do you think will happen to your seed over time?

Tip: Newspaper will get soggy, so do this part outside, or on top of a plate.



Step 8: Plants need one more special thing to survive. What could it be? Sunshine! Unlike you and me, plants can make their own energy from sunshine. This is called photosynthesis. You can find a wacky song about photosynthesis [here](#).



Step 9: Find a sunny spot for your seed, and watch it grow over time! What changes do you notice? Once your seed sprouts, you can plant it directly into the ground in its newspaper container.

No newspaper at home? No problem! You can use other recycled materials like egg cartons, plastic containers, or even eggshells to create your planters. See how many different materials you can find to reuse!



Extra resources:

- [Follow along with the story *Rachel's Day in the Garden* during this yoga story time.](#)
- [Create a hanging greenhouse with a Ziploc bag. You'll be able to observe as your seeds germinate!](#)
- For more planet-friendly things to do, check out Walking Mountains Science Center's Earth Day activities