



# How to Plant Seeds for an Easy Kids Gardening Activity



Planting seeds is my favorite kids gardening activity. After planting the seeds children learn the importance of taking care of them while observing their growth.

## Planting seeds

I thought I'd share how I plant seeds with kids

### What you will need

Pots (cardboard egg carton's make wonderful pots)

Soil

Seeds

Craft sticks

Something to scoop soil

Spray bottle filled with water



Open the seed packets, if you have different seeds, have the children compare them.

Notice the differences in size and appearance of each seed.

Scoop the soil into the pots, until it's almost to the top. Count the number of scoops out loud.



Plant a few seeds in each container in case one or two don't make it. Place the seeds in the palm of the child's hand, use the fingers of the other hand to pinch the seeds and place them in the soil. They then gently push some soil on top of the seeds, tucking them in.

Explain how the seeds need water to grow. Give them a spray bottle so they can mist the soil like a gentle rain.

Write the name of the plant on the craft stick and place in the container,

Talk about how plants need light to grow, and place pots near a sunny window.

**Watch your plants grow!**



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### CFCE Program

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