

## Project Assessment

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

**Activity:** Plant some seeds

Planting seeds is an activity that all the family can enjoy with the added benefit of mud and veggies or flowers at the end!

If you don't have a seed tray you can easily use old egg boxes, toilet roll holders or plastic fruit punnets rescued from the recycling.

You will need some compost (see if you can find peat-free compost for your planet-loving kids) and a watering can or spray bottle.

Our favorite seeds to grow with kids are:

Sunflowers - surely the happiest of flowers

Nasturtiums - flowers you can eat, how cool is that?

Runner beans - the bean poles they grow up make the best dens, plus very tasty eaten straight off the plant

Carrots - because they help you see in the dark of course!

Cress heads - cress seeds on some cotton wool in an eggshell. Make sure you draw faces on them

