

# WATCH IT GROW



GET LEARNING



20 MINUTES



PREPARATION NEEDED



## GETTING INTO THE ACTIVITY

Plant a sunflower, or other seed, and spend the next few weeks helping and watching the plant grow.

- 1) Fill a pot with soil so it's 1cm below the rim.
- 2) Push a sunflower seed into the soil.
- 3) Cover the sunflower seed with approximately 1.5cm of soil.
- 4) Water the soil so it is moist. Don't over-water.
- 5) Put your pot in a warm location, outside if possible (if you can't put it outside, put it in a window which gets lots of sun).
- 6) Water as required and watch the sunflower grow!

Ask a grown up to help you send updates of your sunflower growing to your BB group or post on social media using #BBatHome. Who can grow the tallest sunflower?



## WHAT YOU'LL NEED

- Small Flower Pot
- Soil
- Sunflower Seed (or other seed)
- Water



## NOTES FOR PARENTS & CARERS

After touching the soil and seeds, please wash your hands. An adult should initiate any contact with the BB group and/or share on social media.