

Exploring the outdoors

# Watch seeds grow



## About this activity

This activity is designed to get children to understand the concept that a seed turns into a plant and that plants need water, sun and air to grow.

In this activity, children will be sprouting bean seeds of their own!

## Kit list

- Clear snap lock bags
- A few kitchen dish cloths
- Different beans, e.g. black-eyed beans, broad beans or runner beans
- Water
- Stapler

## Key words

Seed, grow, sprout, water, sun, air

## What to do

1. Soak the beans in a glass of cold water the day before.
2. Cut some dish cloths to fit inside the snap lock bags.
3. Staple the dish cloth to the bag, leaving a few centimetres at the bottom for the roots to grow.
4. Add some water to the dish cloth to keep it moist. Then put a few beans in the bag.
5. Seal the bag and hang it near a sunny window. Watch the beans grow!
6. When the seedlings have leaves, they will need air to keep growing. Plant each seedling in a small pot of soil and then transfer to a larger pot or plant in the garden when they grow bigger.

## Things to think about

The children can consider:

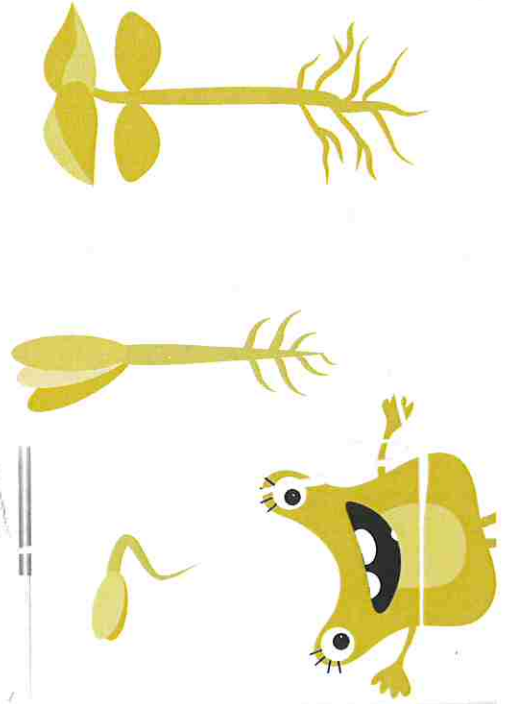
- What does a plant need to grow?
- How long do you think it will take for the seed sprout?

## Extra things to do

Your children could draw pictures every few days to track the growth of the seed.

Find more activities here

[www.okido.co.uk/schools](http://www.okido.co.uk/schools)



## Watch out!

Don't eat the sprouts as the seeds may be pre-treated with chemicals.