

My Plant Is Growing! – A Simple Guide to Planting

- It looks like you want to grow a plant! First, you have to decide what kind of seed you will plant. Ask your grown-up if you have any seeds at home you can use. Don't worry if you don't have any – you can get seeds from some vegetables and fruit!! There are seeds inside peppers and tomatoes, strawberries have lots of tiny seeds on the outside, or you can use dried beans! You can try a few different ones to make sure you have some growing.



- To plant your seeds, you will need a plant pot and some soil. Instead of a pot, you can also re-use a big empty plastic bottle after your grown-up cuts the top off. Now fill it with soil and gently place the seeds on top. You don't need to bury them deep as they are very small – just sprinkle some soil over them. That's it! Now you need to be patient... Don't forget to write down the details about your seed.



- Now that you have planted your seed, you have to look after it a bit so it will grow. Keep it on a sunny windowsill and give it some water if the soil becomes dry. That's all it needs!
- When your plant begins to emerge from the soil, you can start recording its growth. Make a note of the date and count the leaves if it has any. Then place a ruler beside your plant and measure how tall it is! Now it's time to draw a picture of it!
- Make sure to keep an eye on your plant as it grows. You can measure it every week after it starts growing. If it gets too big for your plant pot, a grown-up can help you replant it in a bigger pot or outside. Then hopefully it will grow even more and make flowers or even fruit and vegetables that you can eat! Yummy!!

