

Plant a seed

Just as seeds change, so do we. Plants grow in different ways, at different speeds, and may need patience – and care, support, and patience.



2 Fill your pot with soil and make a hole in it with your finger. Drop in a seed and cover it with enough soil that you can't see it anymore.

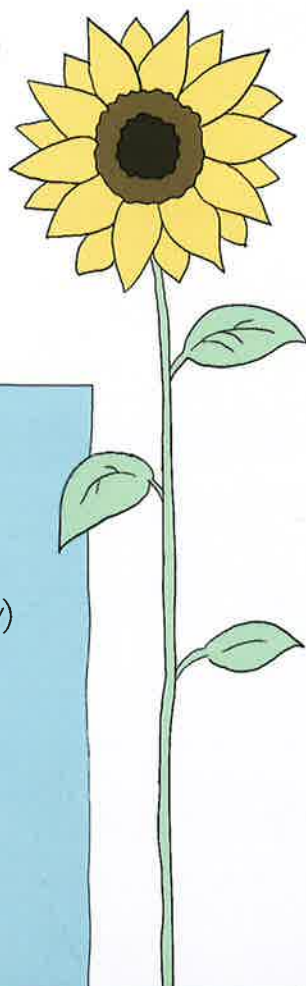


The dish will stop water leaking out when you water your plant.

1 Put the pot in the dish and add a few pebbles to cover the holes. These will stop the soil from falling out.

What you'll need:

- A plant pot (with holes for water to drain away)
- A dish with sides
- Pebbles
- Soil
- Sunflower seeds
- Water



Water the seed until the soil is damp, but don't turn it into mud!



3 Water the seed and then place the pot somewhere sunny.



FOR THE GROWN-UPS

Planting a few seeds will ensure success, as some may not germinate. Once sprouted, too much sun might wilt the seedling, so adjust its location if needed.

Water the pot when it gets dry and practise patience – the seed will take several days to sprout.

4 Check your seedling every day. This is a great time to practise mindfulness for a few minutes. Try to notice any small changes each time you observe it. Eventually, you might need to put it in a bigger pot!