



## IDEAS FOR SPRING

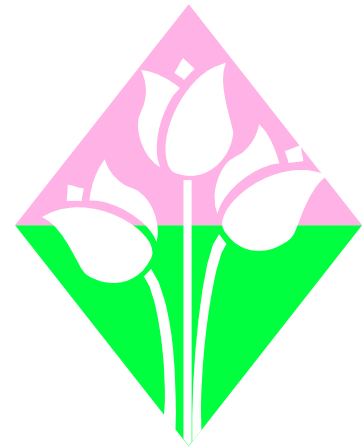
The approach of Spring provides a great opportunity to get outside with your children and teach them about how plants grow from seeds. Go for a walk and look for signs of life in the gardens. Point out the various bulbs e.g. snowdrops, daffodils and crocuses which are all starting to appear.

Or grow your own simple plants, indoors or outside, and allow the children to care for them. Growing vegetables teaches the children that our food doesn't always come from the supermarket, and doesn't necessarily mean that you need a garden. Cress can be grown easily from seed, and can be sown onto damp cotton wool in a shallow container.

Sunflower seeds also germinate easily and can be planted in recycled yoghurt pots on a windowsill, although they will need to be transplanted outside as they get bigger. Nasturtium seeds produce colourful, edible flowers. Sow seeds in pots in spring, then make a colourful salad from the beautiful peppery orange, red or yellow flowers.

Sweet pea smell lovely and can be picked for bouquets for the children to take home. Sow seeds outdoors in March or April for blooms in June and July. Pick the flowers regularly to encourage more growth.

Always plant a few extra seeds for those disappointments that don't germinate. The children can become discouraged if their plants don't grow, so it's important to make their first gardening experiences positive and fruitful. *Remember to teach the children that not all plants are edible.*



## EGG SHELL PLANT POTS

### *Materials needed:-*

- ✓ Eggshells
- ✓ compost
- ✓ Grass seeds, cress seeds or bean seeds
- ✓ Paint, felt tips, sequins etc to decorate
- ✓ PVA glue
- ✓ A small square of cardboard or a small piece of a pipe cleaner.

### *Method:-*

- ✓ Clean and dry egg shells
- ✓ To give a solid base, glue a square of card or circle of pipe cleaner to the bottom of the shell
- ✓ Decorate
- ✓ Fill with compost and sow seeds
- ✓ Water gently and place on a sunny windowsill

