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Activity Guide: Plant a Seed Cup #CMAathome

Inside this kit are the supplies for a series of fun activities, all around planting and growing! You are going to be able to plant a seed and watch it grow, go on a fun nature walk, and color in your book about the lifecycle of a bean plant!

Materials Needed:

Included in your kit are:

- A Peat Planter
- 4 Bean seeds

What you need from home:

- Water
- Small Bowl or container
- A Sunny Spot

Directions for Planting and Growing Your Own Seed

1. Fill a bowl or jar with water.



2. Place your **peat** pod in water and let it soak for **15 minutes**.



3. After 15 minutes, your peat pod should have expanded to look like this:



4. Place bean or seed inside your expanded peat pod. Make sure you push the bean or seed into the middle of the pod until it is completely covered in **soil** and you can no longer see it.



5. Place your peat pod in a small container and find a sunny spot to help the plant **germinate**.



7. Make sure to **water** your new plant every day!

Soon a **seedling** will grow!



Try keeping a journal with all of your observations as you watch your bean plant begin to sprout and grow! Take pictures and see how your plant changes over time.

Vocabulary

Germinate (verb): to begin to grow, or sprout.

Peat (noun): a mass of decayed vegetable matter formed in swamps or bogs.

Seedling (noun): a young plant grown from seed.

Sprout (noun): is a new growth of a plant.

Water, soil, air, and sunlight (nouns): These are all of the basic needs plants need to survive! Water and soil provide nutrients to the plant. Air and sunlight give the plant energy to grow.

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