



# PLANT A SEED DAY FOR FAMILIES

## RESOURCES FOR AT-HOME ACTIVITIES

There's no wrong way to celebrate Plant a Seed Day. No matter who you are or where you are Plant a Seed day is for YOU. Below we've shared some ideas you can use to plan your own Plant a Seed Day at home.

### PLANTING AT HOME

- **Start Your Spring Garden**  
Start seeds for your garden and make a plan to care for it as a family this year. Use this [link](#) for an easy how-to.
- **Too cold to plant outside? Start your seeds indoors!**  
Upcycle materials found around your home like egg or milk cartons to make your own seed starting trays. Learn how to start your own seeds with this [video](#) and this [article](#).
- **Start a Window Sill Herb Garden**  
Think of what kinds of meals you can cook once the herbs grow. Use this [link](#) for more.
- **Kitchen Scrap Gardening**  
Did you know some of the veggies in your kitchen and spices on your spice rack can be regrown when you're done with them? Check out his great activity, [here](#).
- **Root-Viewing Cups**  
Try starting seeds in transparent cups or sandwich bags on your windowsill. Fill a clear container with soil and plant your seed along the edge, ensuring you can still see the seed. Once it starts growing, you'll be able watch the roots grow into the soil as well!

### ACTIVITIES

- **Seed Sensory Table**  
Great for young kids - all you need to make a sensory table is a bin and bird seed, beans, or lentils! Use [this link](#) to learn how to make your own.

- **Wildlife Inventory Game**  
Find out “who lives in our garden?” with [this fun scavenger hunt](#).
- **Garden Photography**  
Create a garden scrapbook, make a garden ABC book, or more by letting your little gardeners document what they find outside. [Check out fun ideas, here](#).
- **A Little Song & Dance**  
Write a song together about planting seeds or make up a Plant a Seed Day dance!
- **Downloadable Activity Sheets**  
Try a Plant a Seed Day activity, worksheet, or science experiment by checking out [plantaseeday.org/resources](http://plantaseeday.org/resources).
- **Book Lists**  
Select a book from the [Plant a Seed Day reading list](#) to read together.
- **Lesson Library**  
Try a lesson at home using the [Plant a Seed Day lesson library](#).
- **Home Germination Test**  
Test seeds inside to see how many will grow - a great science project for kids of all ages. [Find out how, here](#).

## CRAFTS

- **Seed “Bombs”**  
Seed bombs make gardening exciting and use simple materials to allow you to sow tons of seeds at once! [Learn how to make them, here](#).
- **Home-Made Garden Markers**  
Create custom garden markers using popsicle sticks, painted rocks, or paint sticks.
- **Seed Mosaics**  
Make a colorful mosaic using different seeds, beans, lentils, and pulses! [Find out what you need here](#).
- **Soil Art**  
Clay and soil have been used for thousands of years to create beautiful works of art. Get your hands dirty and make paint from your local soil [using this how-to](#).
- **Toilet Paper Roll Seedling Pots**  
[Use this step-by-step guide](#) to make your own biodegradable seedling pots.