

PLANTING SUNFLOWERS

A STEP-BY-STEP GUIDE

YOU WILL NEED

- Sunflower seeds (if you have other flower/herb seeds that you'd prefer to use - go for it!)
- Potting mix or soil from the garden
- A small pot per person (if you don't have any pots, you can use plastic cups with holes for draining or biodegradable toilet rolls so you plant them straight into the garden later.)



STEP 1

SET UP



Fill your pot with soil. About 3/4 of the way up will work. Or if you have the space outside, find a spot in your garden that's perfect for planting.

SEED

STEP 2

Place one sunflower seed into your pot, push it into the soil about 2cm down, and then sprinkle a little soil on top

STEP 3

WATER

Give your seeds some water, they get pretty thirsty!



MAKE SURE YOU WRITE YOUR NAME ON YOUR POT!

WATCH THEM GROW

STEP 4

Place your pots indoors by a nice sunny window. Make sure you water them a little every couple of days so the soil is moist. It takes about 7-14 days to see a seedling sprout.



IT'S A RACE TO THE TOP! WHICH ONE DO YOU THINK WILL SPROUT FIRST? WHICH WILL BE THE TALLEST?

TIP

Sunflowers and their roots can grow to be really big. If they get too big for your pot, replant them in a bigger pot or in the ground.



amazing®