



Programme Cycle Three

CLASSROOM ACTIVITY WORKSHEET

Student Name: _____

Sowing Seeds Indoors

Many plants that are grown for their summer colours come from warm parts of the world. To grow them in countries with colder climates, they have to be started off indoors and only planted outside when there are no more frosts. Check the back of your seed packet to see if your seeds need to be sown indoors.

You will need:

- Peat free seed or potting compost
- Seed tray
- ruler
- Seeds e.g. for a spider plant
- Shallow tray



1. Use peat free seed or potting compost (soil) to fill a seed tray. Overfill it, then knock the compost level and use a ruler to level it all over.
2. Read the back of the seed packet to find out how far apart the seeds should be. Sow the seeds, spacing them out carefully.
3. Cover the seeds with a little compost, just enough so you cannot see them any more.
4. Don't forget to write the name of the seeds on a label and stick it in so that you don't forget what you have planted.
5. To water the seeds without disturbing them, stand the seed tray in a shallow tray of water so it soaks the water up from the bottom. Add a little water at a time, when the compost is wet enough, it will feel heavy and you will see the moisture on the surface. This is the best way to water seeds and seedlings.
6. Now you can watch them grow.

Curriculum Links:

SESE Living things, plants and animals, environmental awareness and care

