



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Planting a Sunflower

Component: STEM

Time: 30 minutes

Materials:

Sunflower seeds

Styrofoam cups

Potting soil

Procedures:

1. Fill styrofoam cups with potting soil and plant two or three seeds in each pot. Cover with a little more potting soil and water them. Make sure to not over saturate the cups.
2. Tell students when they take it home to put it on a window sill, in a greenhouse, or outdoors and keep watering a little everyday or so. You should see the seedlings appear in about a week.
3. When the seedlings are around 10-15cm tall, and with a stem that's beginning to look a little sturdier, you can re-plant them outdoors.