

Sprouting and growing seedlings

Plant some seeds and follow the growth of the seedlings as they sprout from the soil. You'll need to make sure you take proper care of them, with just the right amount of light, heat and water.

What you'll need

Fresh seeds of your choice. You might like to try pumpkin seeds, sunflower seeds, snow pea seeds or basil seeds

Seed-raising potting mix

Some small containers or pots to hold the soil and your seeds

Water

Light and heat

Instructions:

Fill the container with soil.

Plant the seeds inside the soil. Make a hole by poking straight down with your index finger. Drop two or three seeds into the hole, and then fill the hole loosely with soil.

Place the container somewhere warm. Sunlight is good, but try to avoid too much direct sunlight – a window sill is a good spot.

Keep the soil moist by watering it every day (be careful not to use too much water).

Record your observations as the seeds germinate and seedlings begin to sprout from the seeds.

What's happening?

After a week, your seedlings will hopefully be on their way.

Germination is the process of a plant emerging from a seed and beginning to grow. Seeds need the right conditions to germinate. Water and oxygen are both essential. Temperature is important too - many seeds germinate at just above

normal room temperature, but others respond better to warmer temperatures, cooler temperatures or even changes in temperature. Light can be an important trigger for germination, but some seeds actually need darkness to germinate. The requirements for your specific type of seed should be mentioned on the packet they came in.

After germination, continue to look after your seedlings and monitor their growth. For further experiments, you could compare the growth rates of different types of seeds, or how different conditions in temperature and water affect them.

