

## STEM

Science  
Technology  
Engineering  
Mathematics

# How to make a seed head

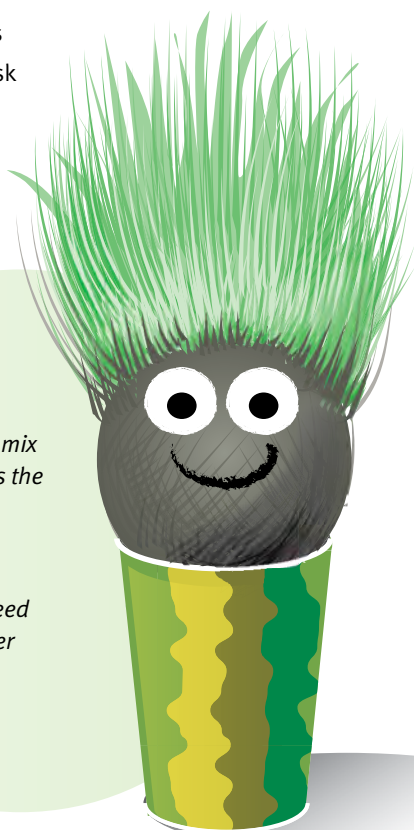
Living things have basic needs. The seed head needs air, water, sunlight and food to grow.

## You will need

- Grass seeds
- Potting mix
- A plastic cup
- A stocking
- Measuring spoon / tablespoon
- Scissors
- Decorations for your seed head
- Water
- Safety goggles
- Protective mask
- Gloves

## Method

1. Ask a parent to help you cut the foot off the stocking.
2. Fold the end of the stocking foot over the plastic cup, so that the toe sits inside it.
3. Add one tablespoon of grass seeds to the foot of the stocking.
4. Add potting mix so that it fills the stocking but leave room to be able to tie a knot in the stocking.
5. Tie a knot in the stocking to make a ball shape, making sure the knot is very close to the potting mix.
6. Place the seed head in the plastic cup so that the loose end of the stocking dangles inside the cup.
7. Decorate your seed head.
8. Soak your seed head in water and then ensure that there is water in the bottom of the cup and that the stocking can dangle into the water.
9. Check your seed head each day to make sure it is still damp.
10. In about a week, grass will sprout just like hair.



Add potting mix so that it fills the stocking

Soak your seed head in water