

Disclaimer: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.

Activity: Earth Day Seed Balls

Earth Day is an annual event celebrated around the world. It's a great way to learn about our amazing planet and how to care for it.

Here is a fun activity to get you started on making every day an Earth Day:

Learning aims

- Foster a sense of environmental responsibility
- Understand seeds and their role in plant growth
- Introduce concepts of life cycles, biodiversity and sustainability
- Develop fine motor skills through exploration and manipulation
- Encourage curiosity and exploration of nature.



Resources

- Packets of flower seeds that grow easily, such as marigolds, nasturtium, geranium, sweet peas, impatiens, sunflowers, etc. or native British wildflower seeds
- Peat free compost
- Flour
- Water
- Mixing bowls
- Spoons
- Large tray or work surface.

Activity outline

1. Begin with a brief discussion about plants and their importance for our Earth
2. Examine a few of the seeds closely and explain their importance in growing plants. Compare shapes, sizes, colours, aromas
3. Introduce the concept of a seed ball as a fun way to spread seeds and grow plants in different places
4. Give the children the opportunity to choose their own seeds
5. Make potting soil by putting the compost and the flour in a bowl. Add 10 parts compost to 1 part flour, e.g. 10 large spoons of soil to 1 large spoon of flour

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6. Slowly add in some water, enough to make the soil and flour stick together like dough
7. Using their hands, ask the children to roll the mixture into golf ball sized balls
8. Fill a tray with the flower seeds
9. Roll the mud balls around until they are covered in seeds. Tell the children that the mud protects the seeds, stops them drying out in the sun, being eaten by birds or blowing away
10. Leave the seed balls to dry for 24 hours
11. Throw them onto land in the nursery, go out on a walk or let them take them home to distribute elsewhere (let parents know the purpose of the seed balls and encourage them to scatter them in different spots to create local bursts of beauty).

Extension ideas:

- Keep track of the planted seed balls and observe their growth over time
- Invite parents to join in the activity and share any knowledge they have about plants, growing plants and plant care.

NDNA products to support you with this activity:

- Online course – [Mini Maths Explorers](#)