

Seed Germination

Workshop title

Description

Girasoles, frijoles, y mucho más! Sunflowers, beans, and so much more grows from tiny seeds that sprout and grow, grow, grow! Start the process of growing your own plants by learning how to germinate seeds.

Use this activity guide to learn how to germinate seeds using repurposed materials found in your home. Observe your seeds and watch how they sprout!

Video Companion

Move to the rhythm with 123 Andrés.

Listen to a read along of:

Sunflowers/ Girasoles

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Illustrated by Alisha Gambino.

And explore a super fun fitness challenge that you can try with your family all summer long!

Video available on YouTube.

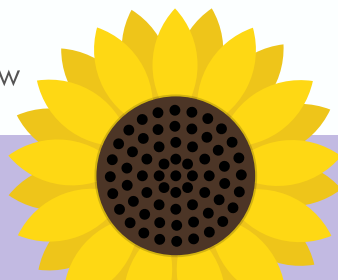
Procedure



1. Place the paper towel in a bowl.
2. Pour a small amount of water on top of the paper towel until it is damp.
3. Place the damp paper towel in the Ziploc bag.
4. Place a few seeds on top of the paper towel.
5. Blow air inside your Ziploc bag and seal!
6. Tape the Ziploc bag to any bright window.
7. Check on your seeds every day and observe them closely! In a few days they will sprout.
8. Optional: Plant your sprout in the ground or in a pot!

Materials

- Ziploc bag
- bowl
- water
- paper towel
- tape
- seeds (any kind)
- a large bright window



Share what you learned with others!