



(Courtesy of

<https://www.howweelearn.com/seed-germination-kids/>)

Seed germination, in a nut shell, is when a seed begins the growing process. This science activity is a fantastic one to do with young kids because it is simple, a relatively quick process, and easy to actually see.

We added in some other veggie seeds too, to see which would germinate quickest. This will also give us a chance to compare roots and sprouts.

We used:

a glass jar

paper towels

water

and seeds

First of all, we pushed sheets of paper towel, one at a time, into the glass jar. Once it was full, we added some water to wet it (dumping out any excess). Wetting the paper towel made room for a few more pieces to be pushed into the jar, and then wet again. We dumped out any excess water. We made sure the paper towel was rather packed so the seeds would stay nicely in place next to the glass.

Then, we picked four seeds: beans, snap peas, cucumber, and swiss chard. We pushed them down the side of the glass jar and supported them with the wet paper towel when pulling our fingers out.

Finally, I labelled each seed so we can make observations and comparisons. I am excited with all of the learning that could come from this science experiment. Perhaps we will be learning about time and calendars, measuring sprouts, or comparing colors ...

Activities like this are a great way to bring the outdoors in and get little ones excited for the coming garden. Using a glass or clear plastic jar helps little ones to see and understand the root system – giving them the real life learning they need to understand what is really happening under the soil.