Germinating Seeds with Children

In every seed there is a tiny plant and food to help it grow. When a seed first starts to grow, it's called germination. Germination can be done without soil. These seeds can be planted in the soil after you are done with your observations in the cups and bags.

Materials:
- One sealable plastic bag or small plastic cup per child
- 1-2 Paper towels
- 1-3 Beans per child (such as lima, pinto, black, butter, or kidney beans)
- Water
- Tape and markers for writing children’s names on the cups or bags

Sealable Plastic Bag
1. Stack two paper towels on top of each other. Fold the towels in half and sprinkle them with water until they are completely moistened but not dripping wet.
2. Slide the paper towel into a plastic bag.
3. Space the seeds to the bottom of the bag so they are not touching and there is at least an inch of space around each seed.
4. Seal the bag closed to trap the moisture and prevent the towel from drying out.
5. Set the sealed bag in a warm area where temperatures are between 70 and 80 degrees. You may want to tape the bag to the inside of a window.
6. Check the seeds every two days until the seeds begin to swell and the first short sprouts emerge.

Plastic Cup
1. Crumple the towels and push them firmly into the plastic cup.
2. Wet the paper towels until they are completely moistened but not dripping wet.
3. Place 1-3 seeds around the cup between the cup and paper towel. Space the seeds so they are not touching and there is at least an inch of space around each seed.
4. Set the cup in a warm area where temperatures are between 70 and 80 degrees. Make sure that the paper towels remain moist, check daily to see if they need more water. You may want to cover the cup with plastic wrap and a rubber band to retain moisture.
5. Check the seeds every two days until the seeds begin to swell and the first short sprouts emerge.
6. If you covered the cup, remove the plastic wrap once the stem begins to grow.