

## Seed Bomb Plan

### Materials:

- \_\_\_\_\_ •medium size bucket
- old t-shirt or towel (something to strain the paper)
- surface for drying seed bombs
- immersion or standard blender
- paper scraps (can be saved within the class)
- seeds (store-bought or dried from food waste at home)

### Steps:

1. Tear up the paper into small pieces, either by hand or with scissors.
  - a. If the saved paper scraps are multi-colored, create piles based on colors for different places where food waste should go (ie. green and white paper would go into a compost pile, blue and pink paper would go into a trash pile, orange and red go into a repurpose/leftover pile).
  - b. For younger students, paper can be organized simply by color.
2. Once the paper is shredded it, add it to the bucket with just enough water to cover the paper.
  - a. To work on counting and math skills, the water could be measured in different values of a cup ( $\frac{1}{4}$ ,  $\frac{1}{3}$ ,  $\frac{1}{2}$ , 1, etc) then added at the end to find out how much water was added to the bucket.
3. Let paper soak overnight.
4. After the paper has been soaked, strain the water from the bucket and add fresh water for blending. There should be just enough water to cover the paper.

5. Once the fresh water has been added to the bucket, the paper may be blended; preferably with an immersion blender, but blending in small increments in a standard blender will work as well. The final texture should be muddy.
  - a. The blended paper would be good for sensory play for younger children.
6. Strain the blended paper through an old t-shirt or towel, squeezing out as much water as possible. Once strained, the water can be poured from the bucket, and the strained paper can be put back into the bucket.
  - a. Take the opportunity to compare the blended paper to soil. How are they different? How are they the same? How is soil made?
7. In the bucket, add seeds to the paper in a 1:16 ratio (ie.  $\frac{1}{4}$  cup of seeds:4 cups of paper) and mix thoroughly with the paper. The seeds can be store bought or children can bring in seeds from food waste at home and dry them at school.
  - a. Seeds from home may not be as successful as store-bought seeds.
  - b. I would recommend kale and/or broccoli seeds. They grow very quickly and abundantly. The class could grow their own microgreens with these seeds.
  - c. Beans also grow quickly and are much better suited for watching and evaluating growth.
8. Form the seed bombs! Grab a small amount of the pulp and seed mix and squeeze any remaining water out while forming into a ball. Once made into a ball, put the seed bomb in a warm, dry place to dry. Once dry, they are ready to use.
9. The dry seed bombs can be placed in any path of bare earth or planted in a pot. This can be done at home or in the classroom/at school.
  - a. Students can monitor plant growth and discuss with their class.