



How to sow seeds

The act of sowing seeds is a great way to introduce plant life cycles and encourage learners to observe the growth they notice over time. Gardening activities can also foster a connection to nature as children and young people nurture the plants they have grown. This activity outlines a simple step-by-step to sow seeds in a container or in the ground with learners. Widgit resources are also provided to support learners with their task or extend learning by ordering or writing instructions.

Teaching time

up to 30 minutes

Learning outcomes

- follow instructions to sow seeds
- use a hand fork or trowel to help sow seeds
- understand plants need certain things to grow including water and soil

Step by step

Sowing seeds in the ground

Clear the space, using a hand fork or trowel to remove any unwanted plants.

Use the hand fork or trowel to break up the soil to a crumbly texture.

Empty seeds into a saucer to make them easier to handle.

Sow your seeds in the soil at the depth shown on your seed packet.

Cover seeds with soil. Water carefully after sowing.

Remember to label the space where your seeds have been sown – the label should include what you have sown, and the date of sowing.

Sowing seeds in a container

Put the container where your plants are to grow – ideally a sunny spot.

Fill the container with peat-free compost to just below the rim.

Water the compost (this is so that watering doesn't move the seeds once sown).

Empty seeds into a saucer to make them easier to handle.

Sow your seeds in the soil at the depth shown on your seed packet. Cover seeds with compost.

Remember to label your container – the label should include what you have sown, and the date of sowing.

Reflection

Discuss with learners what their seeds need to grow. How will they know if their plants have everything they need? How will they look after them?

(Plants need sunlight, water, nutrients and space. Learners can look after their plants by ensuring they have adequate light, watering regularly and thinning out seedlings as they grow to reduce competition for space.)

Adapted from RHS Campaign for School Gardening

Green Skills



Suitable for

Early Years
Key Stage 1
Key Stage 2

Location

Indoors
Outdoors

Season

Spring
Autumn

What you'll need

containers or pots, or an area of soil in the ground for sowing your seeds

peat-free multi-purpose

compost (for container seed sowing)

hand fork or trowel

saucer or dish to empty your seeds into

seeds

watering can with a rose

plant labels and pencils

gardening gloves

Key vocabulary

Seeds
Sow
Grow
Compost

Support and extension opportunities

The downloadable Widgit resources can support learners to sow their seeds – why not cut up the instructions and ask learners to arrange them in the correct order? They can also match the instruction to the image, or even write their own instructions

At regular time intervals, ask learners to observe the area where the seeds have been sown – can learners keep a plant diary of what they observe over time?



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