

Planting

Planting seeds and watching them sprout and grow is always a rewarding activity to do with your children. And you don't need a garden either; a few simple supplies are all you need to get you started. Pop some multi-purpose compost in a plant pot, plastic cup or old yogurt pot, sprinkle the seeds in and cover with compost.

Encourage your child to take responsibility for making sure the plant has enough water and sunlight, and challenge them to record what happens to the seed each day. They could take photos, measure the height to record in a graph, draw pictures or write updates.

Practical tip: These plant seeds germinate and reach maturity quickly: mung beans (2-5 days), cress (3-7 days), lima beans (4-7 days), sprouting seeds (4-12 days), radishes (7-14 days), pumpkin (7-21 days), nasturtium (14-21 days). Lettuce, basil, chives, mint and parsley are also relatively easy to grow.

