

# Sowing Seeds



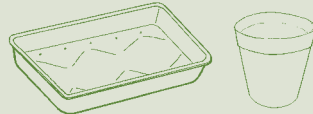
## Benefits:

- gets **you** and your **plants started**
- helps **hand** and **finger** movement
- helps **focus** and **co-ordination**.

*"I sowed peas, they're easy to do, just put the compost and seeds in a pot, level and water them, easy, and quite a big seed."*

## You will need:

**Container = tray or pot**



**Compost**



**Seeds**



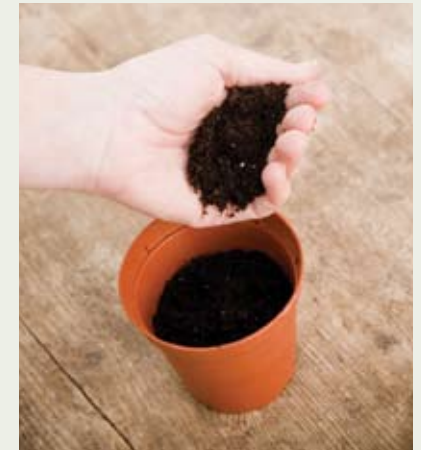
**Watering can, label and pen**



① Choose your seeds



② Fill container with compost



*"Have a go, and keep trying."*

③ Level compost with your hand



④ Sow seeds



⑤ Cover seeds with compost



⑥ Water and label

