

Sow it, grow it!



Community action



1 hour



Jump straight in



Aim of activity

Discover the power of flowers. Make seed balls to brighten up your local community and provide food and habitat for bees and other insects!

What you'll get out of it

- Take action to improve your community
- Encourage people in your local community to enjoy nature
- Provide food and habitat for bees and other insects

What you'll need

For the unit:

- Air dry clay (choose a clay made from natural, non-toxic ingredients)
- A small bag of peat-free compost
- Water
- Newspaper
- A small box or bag to carry your seed balls in

Per pair:

- A bowl for mixing
- A tablespoon
- Flower seeds, ½ packet (see the list of suggested seeds overleaf)

Per girl:

Gloves (for example, latex gloves or a latex-free alternative in case of allergies)



WE DISCOVER, WE GROW

Girlguiding



Note to Leader

Check your seed packets for safety information and guidance about the time of year each plant should be sown. Choose seeds that you know are not poisonous to humans and won't be damaging to your local environment. The Royal Horticultural Society suggest trying the following options which are attractive to bees and other pollinators.

Common Marigolds	English Lavender
Honesty	Borage
Sweet William	Annual Sunflowers

If you're outside of the UK, research some safe and suitable alternatives. The Royal Horticultural Society's website offers a wealth of gardening tips and advice.

Stay safe



- Check that no one making or sowing your seed balls is allergic to any of the items used.
- Wear gloves while handling compost and wash your hands after gardening.
- Seeds and flowers can be harmful if eaten. Don't put them near your mouth.
- Compost contains bioaerosols which can be harmful if inhaled. Take care not to breathe in particles, particularly while opening the bag.
- These seed balls are designed to be sown in garden flowerbeds, pots and planters, and must not be thrown into countryside or near to environmentally sensitive areas. Only sow yours in places where you know the person who owns the garden and have asked permission first.

Before you start

Decide where to sow your unit's seed balls and work with your Leader to arrange permission. Think about places with soil and at least a little rainfall. Picking a sunny spot will give your seeds the best chance of producing flowers. As well as brightening up your own gardens, you could offer to sow them in the garden of a local community organisation or residential care home, where everyone can enjoy the blooms.

What to do

- 1 Get into pairs. Every pair needs a bowl, a spoon and some seeds, as well as access to compost, clay and water.
- 2 Put on your gloves. In your pair, put your seeds into a bowl, add three tablespoons of compost and mix it with the seeds.
- 3 Now add a blob of clay roughly the size of an egg and start kneading the mixture to combine the clay with your seeds and compost.
- 4 Mix in a spoonful of water to help combine the ingredients. Add another spoonful if necessary, working the mixture with your hands or spoon, until it is firm but pliable.
- 5 Pull off pieces of the mixture and roll them into balls roughly the size of a marble.
- 6 Wrap each individual seed ball in a small piece of newspaper and store them together in a box or bag.
- 7 Clean up and wash your hands thoroughly.
- 8 Go out together and sow the seed balls by removing them from the newspaper, dropping them into your chosen spot and lightly pressing them into the soil or compost. The clay, compost and water should give your seeds the nutrients and protection they need to start growing. You may have to be patient though, as it can take some time for seeds to germinate and flowers to grow.