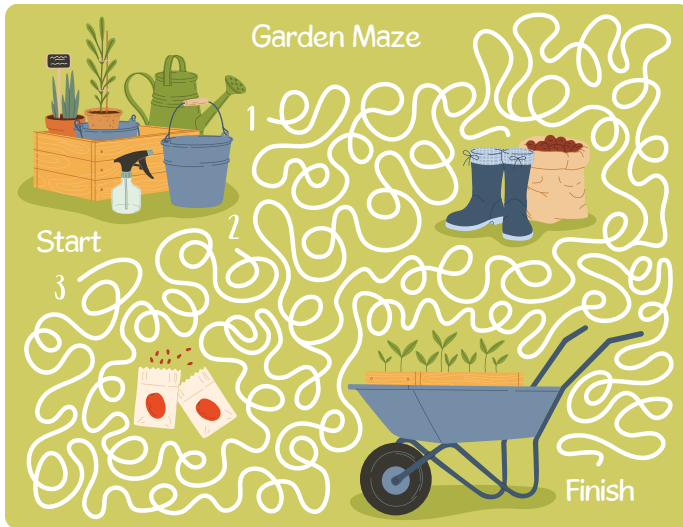


Ready, set, grow! Our Earth is filled with all sorts of beautiful plants. Many sprout from seeds through a process called germination. With the right amounts of water, oxygen, and warmth, these seedlings, or baby plants, develop into healthy adults. The Lord Jesus designed each spectacular seed with everything it needs to flourish! Did you also know...

- ✓ Each seed has built-in nutrients to grow and thrive. Most also have a tiny root, stem, and at least one leaf inside!
- ✓ Some types of plants, like spinach, need cooler temperatures for their seeds to germinate.
- ✓ Seeds are good for you, too! They're great sources of fiber, protein, and healthy fats.



## Seed Scramble

Can you unscramble the names of these popular flowers?

1. Esor \_\_\_\_\_
2. Onsuflwre \_\_\_\_\_
3. Vnealred \_\_\_\_\_
4. Iayds \_\_\_\_\_
5. Putil \_\_\_\_\_
6. Ylli \_\_\_\_\_

Plant Heads supplies: seeds and/or seedlings, potting soil, eggs, egg carton, knife, and markers

### Instructions:

1. Ask an adult to gently cut off the top of an egg with a knife. Clean out the inside of the egg. Repeat with all the eggs you want to use.
2. Using a marker, draw a silly face on each egg.
3. Fill each egg with potting soil and seeds or a seedling of your choice.
4. Store the plants in an open egg carton. With sunlight and water, they'll grow egg-cellent locks of "hair"!



Answers to Seed Scramble: 1. rose, 2. sunflower, 3. lavender, 4. daisy, 5. tulip, 6. lily