



CENTRE FOR AUTISM
MIDDLETOWN

Plant a seed
and watch me
grow...



You will need

Seeds



Soil



Plant pot



Watering can





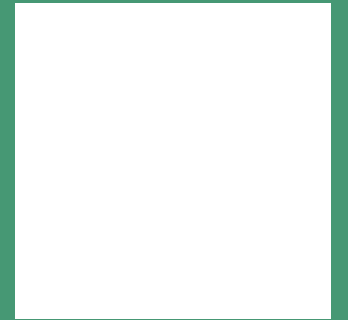
How to grow from a seed



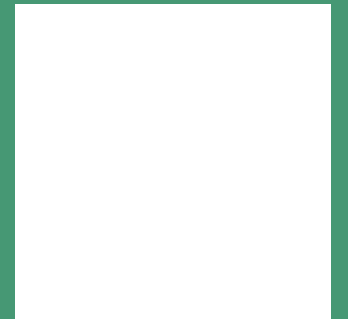
1. Fill a plant pot half full with some soil.



2. Now sprinkle some seeds onto the soil.



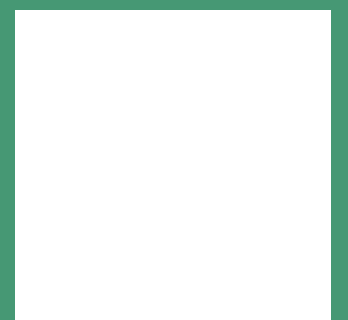
3. Place a little extra soil over the seeds making sure the seeds are now covered.



4. Use the watering can to sprinkle the soil with a little water.



5. Set your plant pot beside a sunny window.



6. Water regularly and soon you will see your seedling begin to grow.

