

Green High Five!

Give the soil a high five and sow some seeds in the indent for some real green fingers!

All

Early Years
and Play



What You'll Need:

- A large plant pot or seed tray.
- Compost.
- Grass seed.
- Water and a watering can.
- A hand to make a print with!

Activity

- Collect all the equipment in an open space outdoors, or on a table indoors.
- Fill your pot or seed tray with compost and press down gently all over. Smooth the surface so it's nice and smooth.
- Using a watering can, gently water the compost so that it is damp.
- Now take your hand and press it firmly, fingers spread apart, into the compost so that you can clearly see your handprint.
- Now scatter grass seed carefully within the indent made by your hand.
- Put the pot somewhere sheltered and water daily. Watch your handprint appear!

Growing things allows children to understand the world of plants and growth.

Scattering seeds inside the handprint will develop fine motor skills.

Extend the activity by creating other shapes and patterns – what about a grass footprint, or a smiley face?

What objects could you use to make the imprints?

Maintain your handprint by trimming it regularly and watering it gently when the weather is dry.

For more resources visit www.ltl.org.uk/free-resources

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