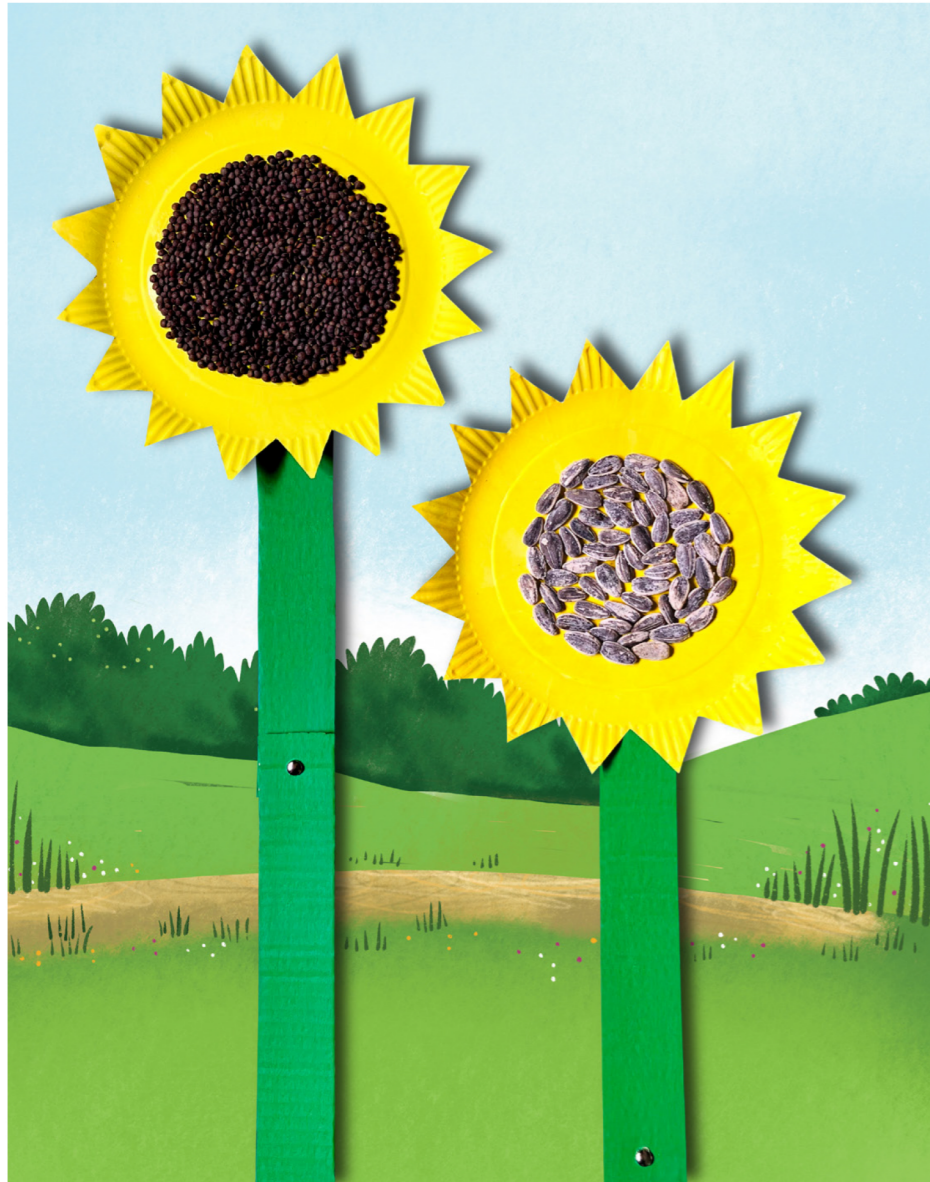


# SUPER QUESTERS



## Growing Sunflower Craft

Follow these simple instructions to create your own crafty 'growing' sunflower.



**1** Start by showing your child a sunflower. If you have some growing nearby, that's perfect, but looking at images is excellent too. Discuss what they notice about the plant's size, shape, height and colour.

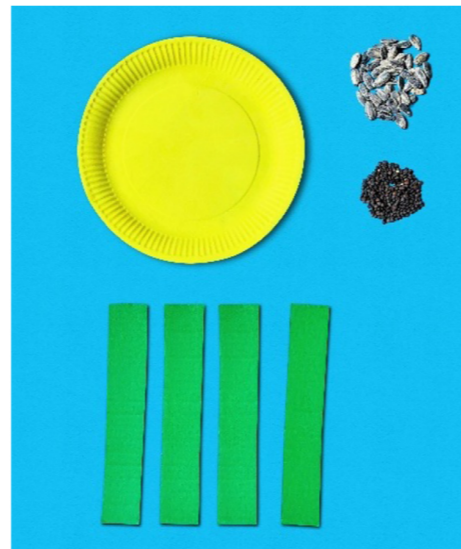
**2** Take your paper plate(s) and paint it sunny yellow. Your child may like to experiment a little by creating different shades of yellow.

**3** Next paint your lengths of cardboard green. These will make the stem. You may need several coats of paint to cover the cardboard. Your child can choose how many they paint; the more they do, the taller their sunflower will be.



### STORE CUPBOARD

- Paper plate(s)
- Sturdy cardboard cut into 15cm lengths
- Sunflower seeds, dried black lentils or any other seed.
- Yellow paint
- Green paint
- Paintbrush
- Glue
- Split pins
- Staple gun



**4** Once your paper plate has dried, cut out petals to resemble the flower head. Cover the centre with glue, and spread it out into a circle. Sprinkle the sunflower seeds or lentils on to the glue. Leave this to dry. You might want to create several flowers, decorating with different seeds and legumes.



**5** Show your child the split pins and green stems and encourage them to work out how to extend their sunflower. Help where needed, particularly to make holes in both ends of the green cardboard strips. Use the split pins to fix them together. You can test out making different lengths of the stem and predict which combination makes the sturdiest stem to support the flower. In the next step you can test out which stem length works the best to support your flower.

**6** Attach the top of your stem to your paper plate with a staple gun. Then, your child can fold and unfold their sunflower and watch it 'grow'.



### FUN FACTS!

- The centre of a sunflower head is made up of lots of little flowers, and bees love them.
- There are more than 70 types of sunflowers.
- Sunflowers follow the sun through the day and, each night, turn east, ready for the sun to rise again.

## How to Grow Sunflowers at Home

Sunflowers are the perfect choice for young growers at home. They're quick to germinate and can grow astoundingly tall. The heads are also fantastic sources of nectar for bees.



- 1** Choose a small pot and fill it with compost
- 2** Make a hole in the centre using your finger and pop the seed inside. Then cover it over with more compost.
- 3** Water your seed and wait! You should see a little green shoot after around ten days.

### HINTS & TIPS

- Place your plant in full sunlight; they love it so much!
- Make sure your sunflower seed has plenty of water, especially during hot days, although never let the soil get too wet.
- When your seedling grows too big for its tiny pot, repot it into a larger one.
- Protect your plant from slugs and snails by placing crushed eggshells or gravelly mulch around the bottom.



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