If you're looking for a fun and interactive activity to do with your kiddos, check out this family friendly Seed Growing Experiment! You can pick seeds like: sunflowers, peas, or green beans!

**STEP 1:** Fill the jar with paper towels. Kids can fold them and push them down into the jar. This is also great work for little hands.

**STEP 2:** Gently water your seed jar just enough to wet the paper towel. Be careful not to overwater.

**STEP 3:** Carefully push seeds down into the paper towels around the edge of the jar so they can still be seen. Make sure they are firmly held in place.

**STEP 4:** Observe your seed grow a little bit each day! Look for the root to pop out first, then root hairs, and eventually you’ll see the stem grow!

Learn more about this activity [here](#)!

**Supplies**
- Glass jar
- Paper towels
- Seeds of your choice
- Water

Learn more about Earth Day by clicking on these read-alouds!

- 10 Things I Can Do To Help My World by Melanie Walsh
- This Is Our Earth by Laura Lee Benson