

The Great Sunflower Race

Sunflowers are one of the most iconic plants, known globally for their big yellow blooms, tall green stems and delicious seeds! They symbolise new beginnings, hope and wealth, and are not only appreciated by us humans, but are an essential food source for our animals. This activity will help you appreciate and explore these fabulous flowers!

What you'll need:



Sunflower seeds



Canes and twine (for when they get tall!)



Plant pots (15cm)



Trowel (or use your hands!)



Compost (or soil)

How to plant your sunflower:

Standard Planting

- 1 Fill your pot with compost/soil, and make a hole with your finger in the centre of this about 5cm deep.
- 2 Drop in one sunflower seed, gently cover it over with soil, and give it a gentle watering now, and every 3 days following.
- 3 Leave your pot in a sunny space and watch it grow! When it starts getting taller, pop in a cane and secure it to the stem using a piece of twine.

Experiment with soil

Instead of using soil or compost, why not try wet paper or sawdust to grow your seed in to see how this affects growth?

You could even repurpose a plastic bottle instead of a pot and watch how the roots grow! Play around with different 'soils' and compare the growth with your friend's flowers!

What next?

Let your flower reach the end of its life before you harvest the seeds - this is when it starts to droop. You can claim the seeds by brushing your thumb over the flower head and collecting them below on a table or sheet of paper. Give them to your friends and family and let them grow their own next year, or leave them out for the birds to enjoy!

