



## 4-H Clover Kid Activity: Cup Gardening

### Objectives:

- To teach youth about gardening as a hobby.
- To teach youth about how plants grow.

### Materials:

Cups, seeds (large seeds work best: beans, squash, corn), a bag of potting mix, and a bucket or deep tray

### What To Do:

1. Put the potting mix into a bucket or deep tray and add enough water to moisten it.
2. Using your hands (some little volunteers may want to do this part, ask who wants to take turns) combine the potting mix and the water. It is wet enough when a handful has a few drops of water come out when you squeeze it.
3. Let each child select a cup (or bring one from home) and scoop enough moistened potting mix from the bucket or tray to fill the cup.
4. Have a selection of seeds to choose from in cups with picture of the plant (or the package) next to or taped onto the corresponding cup of seeds.
5. Let them poke a small hole in the cup of potting mix with a finger, stick or pencil. Demonstrate how to put the seed in and cover up the small hole they have made in the potting soil.
6. Label the cup with the child's name and the kind of seed planted.
7. Continue watering the cup garden until the seeds begin to grow.

### Application:

- What will the seeds need in order to grow?
- What do you need to do with your cup garden to make sure it grows?
- Gardening is a fun hobby! What are some other hobbies you can have?

(Source: The Big Book of 4-H Cloverbud Activities, Ohio State University)