

My Little Sprout House

Suggested Instructions

Supplies:

- Thick Paper
- Scissors
- Dry beans
- Sandwich size zip lock bags
- Sponges
- Paper Towels
- Tape
- Crayons, markers, etc.



Preparation:

1. Soak beans in an open container overnight to prepare for germination.
2. Print sprout house template on thick paper. Cut out sprout house. Decorate as desired.
3. Fold up a paper towel to roughly 10cm x 5cm and use a sponge to dampen entire towel.
4. Place 3-5 beans on the paper towel. Fold the paper towel over the beans and place the towel in a zip lock bag with the open edge of the paper towel facing upward.
5. Tape the sides of the bag onto the sprout house, leaving the bag unzipped.
6. Place sprout houses in a location where they will get daily sun and water each day making sure not to over water plants. Eat the sprouts when they are ready; they are delicious in salads and soups.

VEYLDF Outcomes:

Outcome 2 – Community: Children are connected with and contribute to their world.

Outcome 3: Children have a strong sense of wellbeing.