

Indoor Activity: Sprouting Experiment

For this activity we are going to bring a bit of the outside inside! The seeds from broccoli, spinach, lettuces, peas, and radishes can be used to make yummy sprouts. Sprouts serve as a great source of vitamin K and a tasty salad or sandwich topping.

Benefits

- Learning techniques for sprouting.
- Fun for all ages!
- A tasty and healthy snack.

Supplies

- Seeds
 - Broccoli, Spinach, Lettuce, Peas, Radishes.
- Mason Jar
- Cheese Cloth or Pantyhose
- Water
- Sunlight



What to do

- Collect seeds from your desired plant or purchase a bag of desired seeds.
- Put the seeds into a clean mason jar.
- Lay the cheese cloth or pantyhose over the top of the jar.
- Tighten the mason jar ring around the fabric.
- Now that the jar is ready there are a few things you will do daily to grow your sprouts!
 - Twice a day you will rinse and drain the jar. (You can drain them through the cloth top.)
 - Watch their progress as they grow!

There are tons of tasty snacks you can grow yourself. Different plants require different amounts of sunlight, nutrients, and water, so it is important to do your research! What will you grow next?

Outdoor Activity: Go on a Hiking Adventure

Hiking is not only a great source of exercise but a great source of knowledge as well. There is so much you can learn about the local plant and wildlife while hiking. As you embark on your adventure, try to take in your surroundings with more than just your sense of vision. Are there any smells that stand out to you? What kinds of animals do you hear? Though most importantly always remember to be kind to the environment; Don't leave behind trash, stay on the trail, and keep a distance from any wild critters roaming!

Supplies

- Camera (Optional)
- A Notebook (Optional)
- Weather Appropriate Clothing
- Closed Toed Shoes
- Water
- Adult Supervision
- A Healthy Snack

If you plan on setting a campfire on your hike, be sure to follow this [link](#) to learn some important safety tips!

For even more fire safety fun check out Agents of Discovery's Smokey Bear 2.0 Mission and Smokey Bear 3.0 Mission being released this September following this [link](#)!

