



Therapeutic Horticulture Activity Indoor Seed Starting

Source: multiple

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Overview: Winter/Early spring indoor seed starting for spring or summer garden. Activity is for each participant to do 1 six-pack cell; adjust materials based on how many each participant is expected to do.

Precautions:

1. Potential for putting seeds or seed starting mix in mouth.
2. Fine motor dexterity is required;

provide adaptations as needed.

Completion Time: 30-45 minutes

Materials: (10 participants)

1. Seeds (20-30+)
2. Small sauce dipping bowl, small paint pallet, or similar container to hold seeds (10)
3. Plastic tab plant markers (10)
4. Ultra fine permanent marker (1-10)
5. Six-pack seed cells (18)
6. 1020 tray with holes (2)
7. 1020 tray without holes (optional) (2)

8. Plastic domes for trays (optional) (2)
9. Seed starting growing medium (? cups)
10. If not pre-filling cells, then container to hold soil for each participant, (table top tarp, plastic shoe box, etc) (11)
11. Small scoop or cup for soil (11)
12. Wooden skewer or dowl to push seed into soil, if appropriate with regards to seed size and/or participant needs (optional) (11)
13. Misting bottle with water (11)

Pre-Session Prep:

1. Determine which seeds you would like to start; this can be done in a prior group session.
2. Determine when the appropriate transplant date into the garden is for your specific plant.
3. Determine how many weeks it will take the seed to grow to be at the appropriate size to be transplanted; time your activity based on that date.
4. Determine light and temperature needs for seed germination and seedlings; identify location for trays for this process.
5. Purchase or make seed starting mix; if making, this can be done during a prior session.
6. Pre-wet seed starting mix.
7. If appropriate, pre-fill seed packs with seed starting mix.
8. If writing is of concern, pre-mark plant labels with plant name and variety and date seeds are being planted.
9. Plant seed tray with time for sprouts to come up for visual example (optional)
10. Collect supplies.

Step-By-Step Process/Instructions:

1. Introduce the activity.
2. Show sprouting seed 6 pack (optional)
3. Discuss what seeds are being planted; share images as appropriate.
4. Pass out individual containers with soil, scoops, and six-packs, if pre-filling has not been done.
5. Demonstrate filling the six-pack, discussing how soil should not be compacted and filling the cells to the appropriate

height.

6. Pass out seed vessels with seeds, and dowel if being used.
7. Demonstrate planting the seed.
8. If needed, add soil over the seeds.
9. Remove soil and scoops and pass out water misters.
10. Demonstrate misting the top of the cells.
11. Discuss needs of seeds and sprouts to have adequate water, temperature and light (as appropriate).
12. Collect six-packs from participants into 1020 trays with holes.
13. Place the 1020 tray with cell packs into the 1020 tray without holes.
14. Place the humidity domes over if being used.
15. Keep the trays in the predetermined location and water as needed.
16. Show and discuss seed progress during future sessions.

Tips:

- 1.
- 2.

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