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DIY ACTIVITY

CREATE YOUR OWN WINDOWSILL GARDEN GRADES 3-5

OBJECTIVES

- Create their own windowsill garden to grow a variety of herbs.
- Explore how energy from the sun is used to grow plants.

PROCEDURE

1. Carefully cut off the bottoms of the plastic bottles.
2. Fill the bottle bottoms about $\frac{3}{4}$ of the way with soil and pack the soil loosely.
3. Make 3 small holes with your finger in the soil. Then place a seed in each hole and cover the seed with soil.
4. Add water to the soil using a spray bottle.
5. Place the jars on a south-facing windowsill that receives a lot of sunlight.
6. Water the herbs approximately every 2-3 days. Make sure the soil is moist but not soggy.
7. Harvest herbs after the plants have grown (few weeks).

MATERIALS NEEDED

- 3 20-oz. bottles
- Scissors
- Potting soil
- Variety of herb/spice seeds
- Water spray bottle

Activity duration: 1 class period + 4-6 weeks grow plants.

WHAT IS GOING ON HERE?

Tiny seeds grow into herb plants with the help of water and sunlight. Energy from the sun is captured by the plants and used to create food for the plants. This happens because of photosynthesis. By creating a food source, the plants are able to grow.

FURTHER EXPLORATION

Think about how plants use energy from the sun to create food. How is energy transferred during this process? (Light energy from the sun is transferred to the plant and converted to chemical energy to make food.) What would happen if the herb plants did not have enough access to sunlight? (The herb plants would create less food and would therefore have little or no growth.) In your science notebook, describe the process of photosynthesis. Explain why this process is important for people and animals that use plants as an energy source.