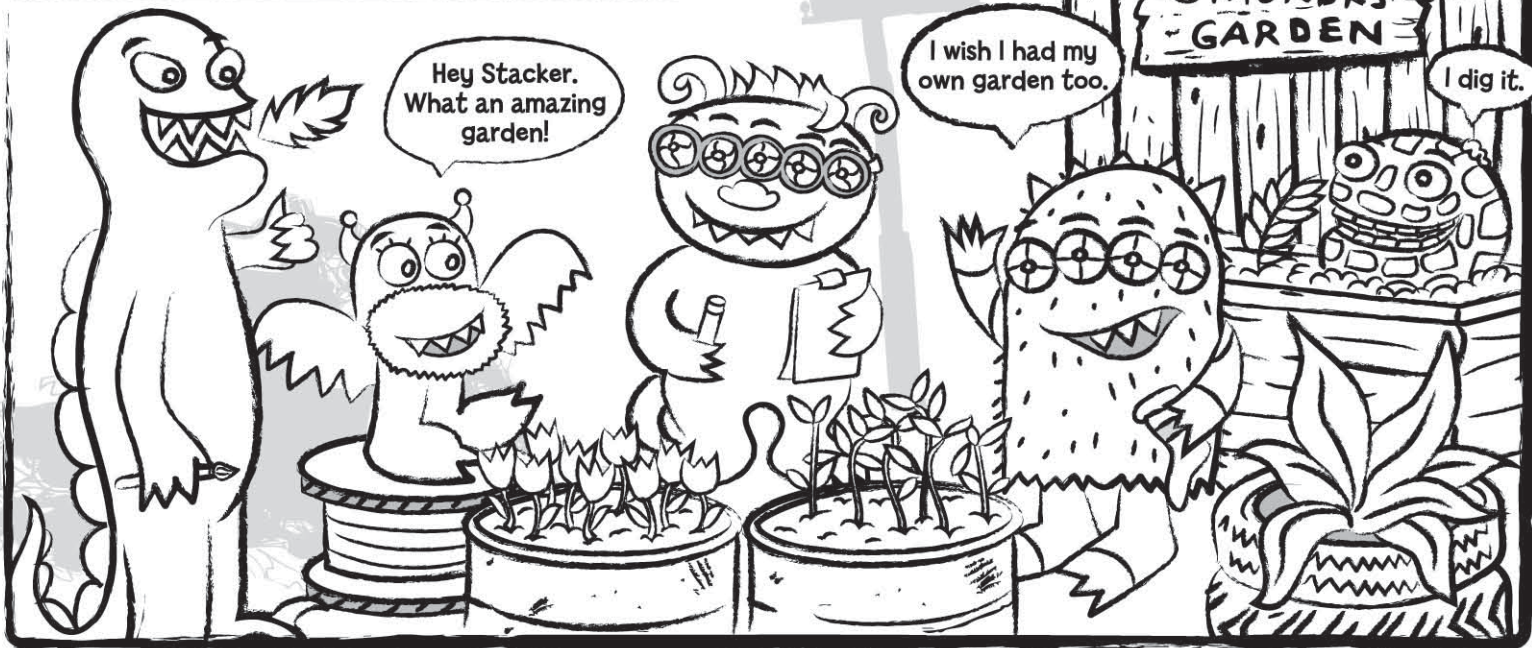




WHOLE KIDS FOUNDATION

Supporting Schools. Inspiring Families. Nourishing Kids.

The Scrapkins "In the Garden"

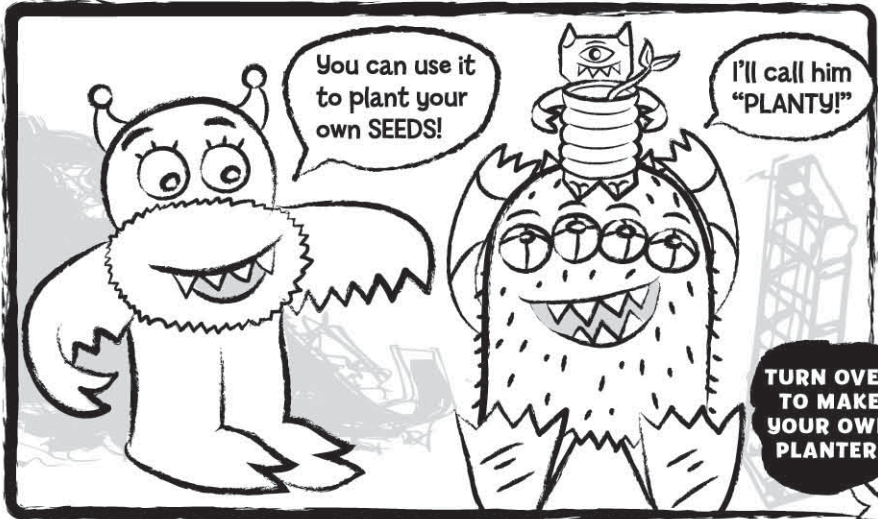


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Think About It!

- 1 Where would you put a garden?
- 2 What vegetable would you grow?
- 3 What could you make from the things you throw away?





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MAKE a Bottle PLANTER

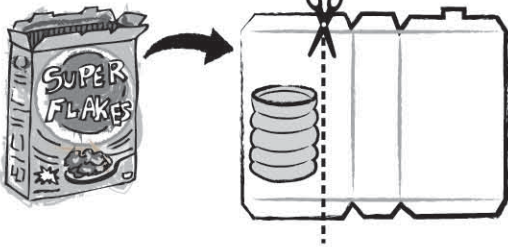


What You'll Need:

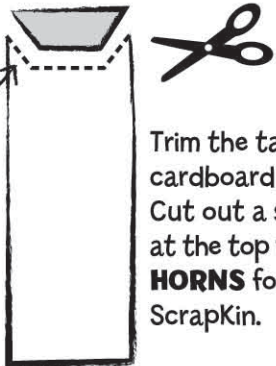


1 

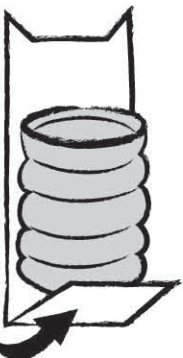
Squeeze bottle. Cut off the top. Ask an adult for help.

2 

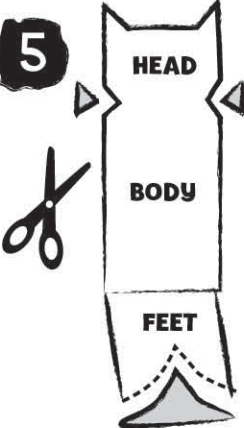
Unfold and flatten your cereal box. Place your bottle on the box. Cut a long piece taller and wider than your bottle.

3 

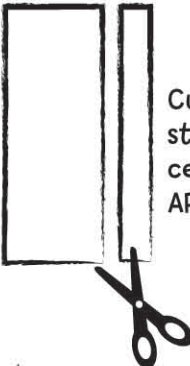
Trim the tabs off cardboard piece. Cut out a section at the top to make **HORNS** for your ScrapKin.

4 

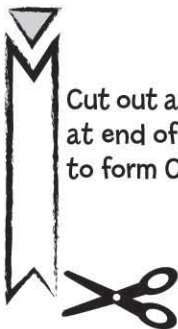
Fold up the cardboard at the bottom for FEET.

5 


Cut out a triangle at the bottom to form FEET. Cut out tiny triangles on sides to separate HEAD from BODY.

6 

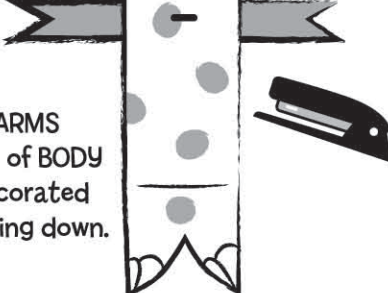
Cut a long thin strip from your cereal box for ARMS.

7 

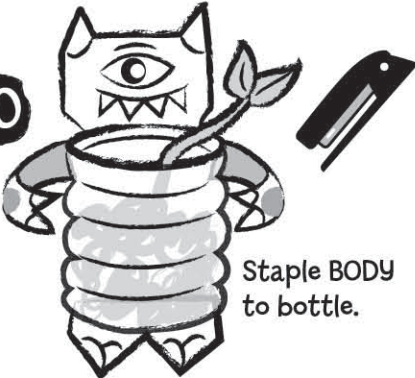
Cut out a triangle at end of ARMS to form CLAWS.

8 

Use a hole punch to make a hole for EYES. Design and color your ScrapKin.

9 

Staple ARMS to back of BODY with decorated side facing down.

10 

Staple BODY to bottle.

PLANTING TIPS



Fill your bottle halfway with soil. Make a 1/2 inch deep hole with your finger. Drop in a seed & cover. Keep soil moist. Place by the sun. Watch it grow!

HOW TO SPROUT YOUR OWN SEED AT HOME

Place any dry BEAN in a folded paper towel. Wet the paper towel first. Then place it in a clear, zippered plastic bag. Leave in a warm, sunny place. Check your bean every other day.



PLANT YOUR SPROUT!