Have you ever wondered what a seed looks like underground before the sprout pops through the soil? With this activity, you will get to see just what happens when a seed begins to germinate!

**INTRODUCTION**

Germination is the process in which a seed or spore starts to grow. All seeds need three things in order to develop: water, oxygen, and warmth. Once a seed has these needs met, it is able to begin germinating and sprouting into a plant!

**SUPPLIES**

- Mason Jar
- Paper Towels
- Water
- Seeds

**DIRECTIONS**

Set several wet paper towels into the jar. Be sure to wring them out first so they aren't soaked - that way there isn't excess water in the jar.

Place your seeds down in the bottom half of the jar. If you do multiple types of seeds, be sure to label the different jars. Then place the jars in a sunny window and after a couple of days, you should see your seeds begin to sprout!

Use the included "My Seed Journal" to track your seed's progress!