



Overview of the activity

This engaging activity combines the benefits of growing plants with the rewards of reducing, reusing, and recycling!

Why do this?

Nurturing plants and seeds is a powerful way to cultivate your [wellbeing](#), offering [benefits](#) that range from stress reduction and increased mindfulness to fostering a sense of purpose. This connection with nature can be practiced on any scale, whether you have a large garden or a single windowsill pot.

Instructions

Materials: toilet rolls, scissors, compost and seeds.

Step one: Prepare the toilet roll

- ④ Flatten a toilet paper roll.

Step two: Create the base

- ④ Cut slits about 1.5-2 cm up from the bottom of the flattened tube to create four flaps.
- ④ Fold the flaps inward, overlapping one on top of the other to form the bottom of the pot.
- ④ Tuck the corner of the last flap under the first one to secure it and press the bottom flat on a surface to help it stand upright.



Step three: Fill and plant

- ④ Place the finished pots in a seed tray or other container to keep them stable.
- ④ Fill the pots with your chosen compost and sow your seeds.
- ④ Water the soil, and once the seedlings are established, the entire toilet roll can be planted directly into the ground or window box as the cardboard will decompose.

