

STEP OUTSIDE & FIND THE SEEDS

If you're in need of a family-friendly activity or are looking for a way to unleash your family's inner sense of exploration, try this simple outdoor activity. All you'll need are socks and a paper or plastic bag. The result? The entire family can learn how seeds are carried by animals and the importance of wildlife as contributors to West Virginia's ecosystem.

While at home, try this simple 5-step activity to get the kids outside and learning.



Step 1: Put a sock over one shoe and go on a walk through a grassy area or field. Try to find an area rich in seed-bearing plants.



Step 2: Have your child take off the sock and examine it carefully. What has attached to the sock? Next, place the sock in a paper or plastic bag.



Step 3: Remove the seeds and other particles from the sock. Talk with your child about what you see – seeds, grass, small bits of twigs - it's all important!



Step 4: Have your child record with words or drawings the things they found on their sock.



Step 5: Discuss with your child how seeds are carried by animals, which is similar to the way they carried seeds on their sock. Seeds may stick to an animal's fur in one location and fall off in another. Why is this process important? What happens to the seeds that fall off? Complete the activity to find out!



Last, but certainly not least, plant the seeds collected in a shoe box. Water sparingly and discover what beautiful wildflowers may sprout to life.