

Have a Go at Making Wildflower Seed Bombs

Seed bomb making is a great table top activity using fine motor skill and is particularly enjoyed by children as: 1. it's messy (but clean messy) and 2. the seed bombs are intended to be launched onto a designated wildflower area!

Less able clients may also relish the activity as the seed bombs are easy to see and handle, and no bending required— drop them at your feet and press into moist soil with your foot or wheelchair wheels

This activity can also support reminiscence work—collect old fashioned border favourites such as poppies, make into seed balls, then share them as gifts.



The ingredients

What you need:

- 1 part wildflower seed (*see <https://www.scotiaseeds.co.uk/>*)
- 2 parts of clay soil (no weeds in) or clay powder (available online or craft shops)
- 5 parts of general purpose compost or seedling compost
- Watering bottle or jug of water
- Mixing bowl and wooden spoon or spatula
- Baking/greaseproof paper



Step 1

Step 1. Plan the activity. Depending on client group, individual bowls could be set up with the ingredients pre-measured, ready to mix.

Using a wooden spoon, or your hands if you prefer, mix the dry ingredients (compost, clay soil/clay powder and seeds) together. Add water into the dry mix—a little at a time, mixing well, until the mixture comes together into a dough like consistency.

Tip: Try using warm water in the mix to have a therapeutic effect on cold, tired hands.

Have a Go at Making Wildflower Seed Bombs *continued*



Step 2



Relaxed clean hands!



Step 2

Step 2. Roll the compost dough mix into walnut sized balls., and leave to air dry on greaseproof paper for 24 hours.

Whilst this activity might appear 'messy', it is a fun, therapeutic work out for the hands, and the soul! A basin of warm water and soap will deal with any sticky residue left on the hands, leaving hands feeling ever so soft and clean.

Step 3. Once dry, the balls are 'cleaner' to handle. They can now be taken outdoors and bombed where wildflowers will flourish - *put them where they will not be accidentally mowed or pulled out mistaken as weeds!*

Seed balls can be packaged as gifts, and can be stored in a cool, dry place for several months. Get on with making another batch!



Step 3

Step 4. Sow/throw seed bombs in Spring and/or early Autumn. Depending on growing conditions and weather, they can take two growing seasons to develop to flowering stage. They can often look straggly and disappointing in their first season. Be patient.

Sow them at hedgerows where they will be less disturbed, or sow in planters to enjoy from the indoors. Just remember that they are in there and you don't accidentally weed them out!

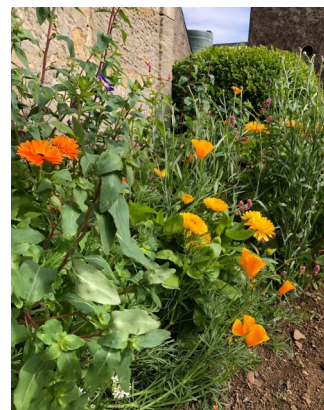
Enjoy identifying the wildflowers as they grow and watching the beneficial insects enjoy them too!



Wildflower trough



Wildflower hedgerow



Wildflower border