



# Quick Ideas for Slowing Down

Spring is truly here! Speedy is inspired to start a garden. But first, she needs to help some seeds grow inside. Being patient can be hard, but seeing the seedlings pop up is worth the wait!



## Grow Seedlings

Materials:  
seeds, soil, an egg carton, twigs, paper & markers

1. Put the soil in the egg carton and add seeds.
2. Tuck them in and water them.
3. Design seed labels and tape them to the twigs
4. Once the seeds have sprouted, cut up the egg carton and plant outside!



Enjoy these seed-centered stories:

[The Bad Seed by Jory John](#)

[Muncha! Muncha! Muncha! By Candace Fleming](#)

[Where Do They Grow? By Gwen Lawrence](#)

