

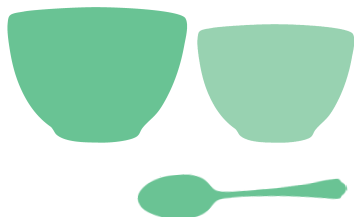
# Recycled Seed Paper

## EYLF Outcomes

**Outcome 4:** Children are confident and involved learners

## Key Words

blend, flatten, mesh, mush, paper, pulp, recycle, seeds, squeeze



**LATER:** The recycled seed paper can be planted directly in the ground, or in planters or pots. Plant under soil, and keep moist.

This sensory activity is a great way to make something new and beautiful from something old. This eco-friendly seed paper, which can be planted directly in the ground, is made from paper scraps and seeds (you can use seeds you have saved). Cut the paper into shapes or tags to give as gifts, or sell the paper when fundraising for your kitchen garden program.

## INQUIRY QUESTIONS

- > Where does paper come from?
- > How is paper made?
- > What can we do with paper scraps?
- > What happens to paper that gets put into the recycling bin?
- > Where does it go?



## RESOURCES

- paper scraps (save some paper that would otherwise go in the recycling, like old bills, envelopes, junk mail or unwanted printouts)
- scissors (optional)
- bowls
- water
- cup
- blender
- spoon
- seeds (small, flat seeds work best, e.g. basil, chilli, mint, parsley, radish, thyme, tomato)
- mesh screen (you can use a silk screen, an old window screen, fix cheesecloth tightly in an embroidery hoop or staple mesh screening onto an old picture frame)

## WHAT TO DO

- Cut or tear the paper into small pieces.
- Place the paper in a bowl and cover with water. Leave to soak for around an hour.
- Transfer a cup of soaked paper to the blender and add enough water to cover it.
- Blend until the paper is a mushy pulp. Transfer the pulp to a bowl, and repeat with the rest of the paper.

- Using a spoon or your hands, mix some seeds into the mushy paper.
- Scoop the mushy paper onto the screen and flatten it down with your hands or the back of a spoon until there is a thin layer. This will help to squeeze the water out, and make sure the seeds are visible. (You might want to do this step outdoors, or over a sink or tray!)
- Leave the screens out in the sun until the paper has dried completely.
- Gently peel the paper off the screen. You can tear the paper into pieces, or cut it into shapes.

