

# PLANTING SEEDS

Relates to pages 32-33 in the Eucharist workbook

## MATERIALS

potting soil; clear plastic cups; bean seeds that have been soaked for a few hours or overnight

## DIRECTIONS

Cover a table with newspaper, and use potting soil to fill clear plastic cups about three quarters full.

Using your fingers, make a small indentation in the soil, and place the soaked beans in the indents.

You can even put some beans right at the sides of the cup, so you can see the roots as well as the sprouts while the beans grow!

Cover the beans lightly with soil, and give them a little bit of water.

While you're doing this activity, you can discuss the story of the farmer and the seeds in the Eucharist workbook, or watch the video we saw in today's lesson.

Continue caring for the beans, making sure you keep them in a sunny spot and give them just enough water every day to help them grow.

As you watch the beans grow, remember that this is how God's Word can grow in our hearts.