

Activity: Plant Care Goal: Physical Populations: All

## TH Activity Plan – Making Biodegradable Seed Pots

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**ACTIVITY DESCRIPTION:** Making biodegradable seed pots.

**THERAPEUTIC GOALS:**

**Cognitive/Intellectual:** Learn about biodynamic gardening, biodegradable materials and environmentally responsible practices

**Physical:** Strengthen fine motor skills

**Psychological/Emotional:** Connect with & protect the environment

**Sensory:** Practice hand eye coordination

**Social:** Discuss positive impact on environment using recycled materials in group or classroom setting

**STEP-BY-STEP PROCESS:**

1. **Pre-Session Prep:** Develop a plan including desired number of pots to be made based on future plantings, timeline for planting/transplanting seeds. Gather materials including recycled newspaper with environmentally safe ink and glue.
2. Facilitator demonstrates process: wrap a sheet of paper around a rolling pin or soda bottle to accommodate desired diameter of seed pot. Glue or tape edge to form cylinder.
3. Slide cylinder off rolling pin and let dry.
4. Cut cylinder into 4 ½” lengths, folding to make a bottom.
5. Stand pots in a seed tray and fill with growing medium.
6. Discuss good environmental practices related to growing plants, composting, soil health and upcycling cartons, paper, egg shells.

**Materials**

newspaper, scissors  
rolling pin, soda bottle  
glue or tape  
potting medium  
seeds  
gloves, wipes

**APPLICATIONS FOR POPULATIONS:** Most populations will have hand strength and dexterity to roll paper around rolling pin. For those with compromised hand movement, this can be a form of physical therapy. Within school settings, this activity can be a lead-in to science, environment and math lessons appropriate for most ages. Extended projects can include planting and tending to seeds, transplanting into garden, learning about composting methods and practices, and fundraising through sale of germinated seeds/seedlings.

**SAFETY CONSIDERATIONS:** Participant sensitivity to paper, glue or growing medium should be determined prior to activity. Some populations (dementia, intellectually disabled, young children) may be tempted to put seeds into mouth. Paper cuts can be treated with readily accessible first aid materials, soap and water.

**NOTES OR OTHER CONSIDERATIONS:** Alternative method – cut 6” strips of paper, use damaged egg cartons free of raw egg juices, paper muffin liners, or toilet paper rolls. Left-over newspaper can be composted or additional biodegradable pots can be constructed and donated to community garden groups. To encourage decomposition, poke holes in pot at planting.

**REFERENCES/ RESOURCES:**

- Beaty, V. (2017). 20 upcycled seed starter pots you can easily make at home. *DIY & Crafts*.  
<https://www.diyncrafts.com/25643/repurpose/20-upcycled-seed-starter-pots-can-easily-make-home>
- Bell, J. (2023). What is sustainable gardening? Eco-friendly tips to grow a greener garden. *Sustainable Jungle.com*. <https://www.sustainablejungle.com/sustainable-living/sustainable-gardening/>
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- Fortner, A.R. (2020). Biodegradable containers can benefit gardeners. *University of Georgia College of Agricultural & Environmental Sciences UGA Cooperative Extension CAES Newswire*.  
<https://newswire.caes.uga.edu/story/8501/sustainable-gardening.html>

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TH Activity Plan form developed by Lesley Fleming, Susan Morgan and Kathy Brechner (2012), revised in 2023.