

TH Activity Plan – Planting Microgreen Seeds

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Materials

Potting Tidy
Hand trowel / garden scoop
Recycled yogurt container
Masking tape / permanent marker
Seeds for microgreens
Potting mix
Watering can
Spray bottle (water)
Gloves
Broom/Dust Pan

ACTIVITY DESCRIPTION: Plant microgreens in a recycled container and watch them grow. Microgreens can be harvested between 10-21 days after planting depending on the seed.

THERAPEUTIC GOALS:

Cognitive/Intellectual: Follow step-by-step instructions; take turns/waiting; attend to task

Physical: Incorporate bilateral hand use (holding container with one hand while adding potting mix with the other hand); expand functional use of tools; carry full containers from table to shelf without spilling; increase fine motor strength and dexterity, eye-hand coordination.

Psychological/Emotional: Practice co-occupation - working collaboratively to achieve an outcome/goal; self-regulate

Sensory: Stimulate the senses through touch, vision, taste & smell

Social: Increase social interaction

STEP-BY-STEP PROCESS:

- 1. Pre-Session Preparation:** Prefill seed envelopes with microgreen seeds for each student. Gather recycled containers for each participant/student (container and lid). Drill holes in the bottom of containers (lid is used for container to sit on to catch water). Talk to teachers to determine the number of students who will participate that day and best time for TH activity. Determine location in classrooms for microgreen containers to sit/grow after planting and if they have a dust pan / broom already in their room. Fill potting tidy with loose moistened potting mix, hand trowel, seed envelopes, containers/lids, masking tape and permanent marker to take to classroom.
2. Greet students and teachers.
3. Show students and teachers what we will be doing today (planting seeds).
4. Students are each given one container to grow their seeds in. Put the name of the student on their container (tape/marker).
5. Students stand in line by the potting tidy and wait their turn to fill their container with potting mix using garden trowel or their hands.
6. Students carry their full container and sit down at a large table in the classroom with classmates.
7. Each student receives a seed packet with a premeasured number of seed.
8. Facilitator demonstrates how to open seed back by tearing off the top and sprinkling the seed evenly into the pot and how to use index finger to gently push seeds into soil.
9. Students open their seed packets, sprinkle seed, and use their index finger to push the seeds into the potting mix (depth varies depending on the seed). Additional potting mix can be added if needed.
10. Containers with seeds are then watered and placed onto their lids on a window sill or lighted plant shelf in the classroom (students should help water if at all possible). High-fives all around.

APPLICATIONS FOR POPULATIONS:

- If student is in wheelchair, the potting tidy can be brought in closer for them to participate (may take two people).
- Students with visual impairments need to be given time to touch/feel the work space prior to engaging in activity (ie: touch the entire perimeter of the potting tidy, hold/feel a container, hold/feel a hand trowel/garden scoop, hold the seed packet)
- If students can write their own name, they should be encouraged to do that (on tape)
- Students may need assistance opening seed packet, but should be encouraged to ‘help’ even if hand over hand assistance is required.
- If student drops their container, have them try again (no big deal) and they can also help clean up the potting mix on the floor (that is why we have brooms/dust pans). Cleaning up is a vocational and life skill.

SAFETY CONSIDERATIONS: Facilitators are responsible for knowing poisonous and toxic plants and plant parts.

Talk to classroom teacher about safe location to place seed pots and review expectations with students (you can look at the pots, but touching pots/seedlings only happens when the teacher or HT says so.

NOTES OR OTHER CONSIDERATIONS:

1. Seedlings should be checked and watered, if needed, every 2-3 days.
2. Students should be encouraged to use spray bottles to spray their micro greens on the same day they are watered to help build hand strength and dexterity. Using scissors to cut sprouts, spreading cheese on a cracker will increase bilateral hand use.
3. The class should observe the microgreens once per week to observe/comment/ask questions.
4. Microgreens will be ready to cut/eat in 2-3 weeks (clean scissors with rubbing alcohol prior to cutting).

Microgreens are often sold in packets typically with a mix of different plant seeds. These may include broccoli, sunflower, pea, beet, shiso, cilantro, alfalfa, pak choi, daikon radish, kale, arugula and red cabbage. Some packages are single plant microgreens like broccoli. Each microgreen should germinate quickly.

REFERENCES/ RESOURCES:

How We Montessori. (2024). [Kids can grow microgreens! Valuable indoor gardening lesson for homes or classrooms.](#)

Let's Grow. (2024). [Growing microgreens is a genius way to get kids gardening.](#)

Edits were made for THAD purposes in 2024.

TH Activity Plan form developed by Lesley Fleming, Susan Morgan and Kathy Brechner (2012), revised in 2024.