

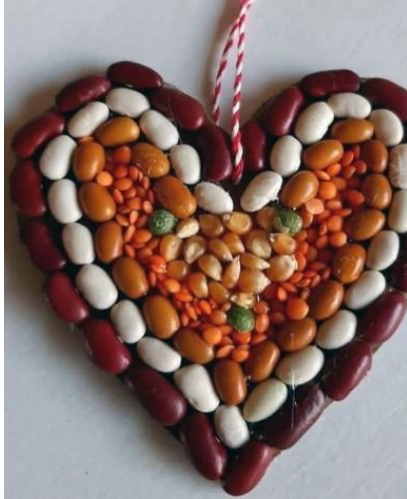
Activity: Design Goal: Physical Populations: All but dementia

TH Activity Plan – Seed Mosaic Heart

Text by Lesley Fleming, HTR & Maureen Bethel, BA, Bed. CAE

Photo by S. Oksana & Gardener's Path

Adapted from Hubmayer, K. (2025). Mothers day craft seed mosaic heart. *Nature Crafts for Kids.com*.



Materials

Live plants with visible seed production

Variety of seeds

Poster board, heart templates, scissors, markers, glue or modge podge, bowls, hole punch, ribbon

ACTIVITY DESCRIPTION: Participants will design & make heart decorations using seeds.

THERAPEUTIC GOALS:

Cognitive/Intellectual: Compare & contrast seed shapes, colors, sizes; follow step by step instructions; stimulate memory & attention, both critical thinking skills

Physical: Practice fine motor & sensorimotor skills handling small items; improve hand-eye coordination

Psychological/Emotional: Recognize impulsive behavior in self; modulate behavior; provide visual process for “sorting” problems & improving emotional self-regulation

Sensory: Use sense of touch to distinguish between seed textures, size & shape

Social: Practice pro-social behavior sharing materials in group activity; practice acts of kindness by donating seed heart to a charity

STEP-BY-STEP PROCESS:

1. **Pre-Session Preparation:** Gather materials. Harvest seeds from garden if possible. Or use/supplement with dried seeds & beans.
2. Facilitator begins session by showing a sample seed mosaic heart that participants will be making. This can be an activity for Valentine's, Mother's Day or as a service project, where hearts are sent to social service agencies: Heart Foundation, local hospice or seniors' facilities.
3. Seeds of all shapes, sizes & colors are presented one by one, identifying what plant the seeds come from. Having live plants is recommended. Pass the seeds around to promote sensory stimulation touching, looking at & thinking about what seeds will be used.
4. Distribute materials. Remind participants they are making two hearts. Heart shapes can be pre-cut or cut by participants using a template, tracing, then cutting the shape. Punch a hole at top of heart, to be strung with ribbon once dry. Suggestion – lay out the pattern with seeds prior to gluing. Consider having participants write a short note “Love From or Sent with Love” on back of the second heart before gluing.
5. Glue seeds onto the heart shape. Let dry.
6. During drying segment, facilitator can lead a discussion about seeds based on cognitive & maturity level of group (seed colors/sizes, seed diversity, Seed Saving Networks, GMO & non-GMO seeds, beans as seeds, & seed parts - seed coat, endosperm, embryo & dicot or monocot seed types).
7. Deliver seed hearts to social service agencies if appropriate.

APPLICATIONS FOR POPULATIONS: This TH activity can address a variety of health goals across the five health domains, and can be effective and engaging across populations. For example:

Children and Youth: Cognitive skills for comparing, contrasting and problem solving can be developed using seeds. Pre-sorting seeds in separate bowls may be appropriate but will reduce comparing/contrasting opportunities. Integrating other therapeutic goals like physical manipulation of small items, pro-social behavior sharing seeds, and recognizing self-regulation signals (hoarding white seeds) can be the focus of the session.

Medical Conditions: For individuals and populations (heart conditions, stroke recovery, injury, diabetes) who may have received health services, using a creative, hands-on activity that can be a service project can provide opportunities for role reversal and gratitude. Gifting the seed mosaic heart to a service provider or care partner can offer psychological and emotional benefits.

Trauma Survivors: For trauma survivors creating and gifting a seed heart can represent renewal and regrowth. A suggestion for this population is creating a “renewable” heart. Using viable seeds that can be planted by participant or gift recipient can be an act of starting afresh, creating something positive. Nurturing the resulting seedlings to maturity can be part of the journey of recovery, along with sharing the sentiment of love, combining both abstract and concrete facets of positive emotional connection.

SAFETY CONSIDERATIONS: Facilitators are responsible for knowing poisonous and toxic plants and plant parts. Caution choking hazard; this activity may not be appropriate for individuals or populations who may be tempted to put items in mouth.

NOTES OR OTHER CONSIDERATIONS: Dried seeds are recommended. Seeds that are very small including bird seed will be difficult to work with. Seeds from sunflower and pumpkin can be used along with dried beans - lentils, navy white beans, black beans, red kidney beans, board beans, black-eyed peas and corn kernels. Dried beans with unusual markings like Jacob’s Cattle Markings Autumn Bounty, Red Soldier bean, pinto beans, Ireland Creek Annie (yellow bean type), and dried beans with partial color like Magpie, Molasses Face, Calypso, Rockwell, Orca and Stevenson Blue Eye (Washington State University, 2025) can add dimension to participants’ heart designs. Expired seeds can be also be used.

Related THADS include [Seed Self Portraits](#), [Seed Tape](#), [Commemorative Seed Packets](#), and [Harvesting Herb Seeds for Culinary Activities](#).

REFERENCES/ RESOURCES:

David, T. (2021). [17 types of seeds with pictures](#). *Camping Fun Zone.com*.
Washington State University. (2025). [Dry bean varieties for niche markets in the USA](#). [with photos]. Mount Vernon Northwestern Washington Research and Extension Center.
World Atlas. (2025). [The largest seeds in the world](#). *WorldAtlas.com*.
Yeager, A. (1996). [Seed art – It’s fun to collect the seeds and create these unusual pictures](#). *Backwoodshome.com*.



Edits were made for THAD purposes in 2025.

TH Activity Plan form developed by Lesley Fleming, Susan Morgan and Kathy Brechner (2012), revised in 2025.