

Flower Pot Decorating and Planting Seeds

Decorating and planting seeds in flower pots are great activities to promote following directions, fine motor skills such as grasp, and visual motor skills such as copying an image they see or create. You can choose to do one or both of these activities!



What you'll need: Decorating flower pot

- Small terracotta or plastic pot
 - Mason jars or plastic bottles work as well
- Paint and paintbrush
 - or chalk markers / permanent markers
- Piece of paper
- Cup of water
- If participating in more and less difficult activities:
 - Stencil of choice
 - Paper towels (for finger painting)
 - Liquid glue or glue stick
 - Tissue paper

Directions: Decorating flower pot

For decorating flower pot:

1. Draw a design (that you would like to make on your pot) on a piece of paper with markers.
2. Copy design onto flower pot with paint/markers/chalk marker.
3. Let the pot dry before planting seeds.

What you'll need: Planting seeds

- Small terracotta or plastic pot
 - Mason jars or plastic bottles work as well
- Soil / dirt
- Spoon or handheld shovel
- Seeds of choice
- Water
- Spray bottle (optional)

Directions: Planting seeds

1. Fill your pot $\frac{3}{4}$ the way with soil/dirt
2. Take out 3 seeds from bag
3. Poke 3 small holes in dirt with finger or a pencil/pen
4. Place seeds in the holes. Cover holes with dirt
5. Pour or spray water over the seeds and soil/dirt ($\frac{1}{4}$ cup or 5-10 sprays)

Ways to increase difficulty:

- Incorporate stencils
 - Stencils will make this activity more difficult because your child will have to hold the stencil with one hand while painting over design on the other hand
- Have your child follow the written/visual instructions without help, as well as gather all materials/perform all of the steps of the activity independently.



Ways to decrease difficulty:

- Finger paint
 - This will eliminate the difficulty of holding and grasping a paint marker or paintbrush
- Tissue paper
 - You can have your child glue the outside of the flower pot, rip off pieces of tissue paper and glue it on the pot to decorate
 - This still targets skills such as using both hands to complete a task, and practicing proper grasp with the glue stick



Activity found at:

https://www.etsy.com/MadeAtHomeByMeg/listing/985832958/mini-hand-painted-terra-cotta-pot?utm_campaign=Share&utm_medium=social_organic&utm_source=DSMT2&utm_term=so.smt&share_time=1618862855000

<https://schoolgardening.rhs.org.uk/Resources/Activity/Decorate-a-Plant-Pot>

<http://www.momalwaysfindsout.com/thumbprint-art/>

<https://fromabcstoacts.com/tissue-paper-flower-pot/>