Growing beans in cotton

**Step 1:** Decide where you will grow the bean seeds

**Step 2:** Get a piece of clean cotton and moisten it

**Step 3:** Distribute the seeds above the cotton

**Step 4:** Water the beans when the cotton is starting to dry

**Step 5:** Plant the sprouts

**ACTIVITY**

**Materials needed:**
- Small cup
- Cotton
- Bean seeds
- Water

**Instructions:**
- Explain to the children that they are going to be planting a bean seed
- Place the cotton in a small cup
- Allow the children to place the bean seeds inside the cotton
- Water
- Watch the seed grow

**REMEMBER**

- Engage the children as much as possible
- Have fun, be patient and use refocusing activities to get children’s attention