



Outdoor Box - Grow Your Socks

This activity is for Cubs
but any section or leaders
could take part too !

What you need:

- White sports socks (large size)
- Wellies or old shoes
- Plastic zip-lock bag
- Tape
- Water



How to make it:

This is an experiment to see if you can grow seeds, picked up during a muddy walk, using a pair of old socks !

1. Put on a pair of wellies or old shoes and then pull on a pair of old socks over the top (you will need an adult or very large pair of sports socks to do this).
2. Go for a walk in the park or nearby countryside, making sure you stand in puddles, mud and walk about under trees and near to vegetation. If it has not been raining recently, you will need to make sure the socks are wet by soaking them in water.
3. Explore the area and get the socks as dirty as possible.
4. Take the filthy socks off and place each sock in a separate plastic bag.
5. When you return home, make sure the socks are still damp in the plastic bag, and then do up the bag and tape it to a window so that it gets sunlight, but be careful that it does not dry out,
6. Within a few days, you should see some sprouts growing and by two weeks you should have some vegetation growing on your socks !

If you don't get seeds growing the first time, visit a different place and try again.

Take it further:

You could try to identify the seedlings that grow on your socks using the internet and try to match them back to the plants that produced the seeds.

You could try to pot up the seedlings and grow them in your garden or on a patio.

Safety Notes:

Gardening and Nature: Wash your hands after the activity has finished and wear gloves if needed.

Online Access: Supervise young people when they're online and give them advice about staying safe.