

Seed Wiggles

Age: 3 years and up

What's needed

White glue
Wax paper
Seeds (cereal for children under four years old)



What to do

1. Squeeze a line of white glue onto a sheet of wax paper. Make the line nice and wide and even, not lumpy.
2. Sprinkle seeds over the glue with a spoon, covering all the glue.
3. Dry overnight.
4. Shake off loose seeds into a bag to use again.
5. Gently peel the seed wiggle from the paper (an adult may need to help with this step).
6. Tie a string to the seed wiggle and hang in the window or from the ceiling.

NOTE: Some providers do not like to use food items for creative expression activities.

What children will learn

Creative expression