

Wheat Grass Chia Head (a Father's Day gift idea?)

Materials:

- close up photos of kids with top of head cut off (lamine if possible)
- soil
- wheat grass seeds (soaked if necessary!)
- clear plastic cups
- if possible prep one with your face a week or two ahead of time so kids can see end results
- wheat grass juice to sample

Lesson:

- kids follow instructions to attach photo to cup, put soil inside, sprinkle on seeds, water (not too much!) and place in window sill.
- discuss why over/under watering is bad and how to properly care for your grass
- sample wheat grass juice (Grass is not digestible when not juiced so encourage students to not eat the grass when it does sprout!)

