

Grow A Sunflower Smile Competition



There will be prizes for;

- * The tallest sunflower
- * The widest sunflower head
- * The sunflower with the best smile 😊

Instructions:

1. Fill your small pots (old yoghurt pots, or the base of a plastic bottle work fine) with compost/soil.
2. Plant a seed in each pot and give it a watering. Put your pot onto a windowsill, (you could make a mini greenhouse by recycling an old plastic bottle (see information below) and water it so the compost/soil stays damp.
3. As your sunflower grows, tie the stem of the sunflower loosely to a bamboo cane/stick with your string to support your plants.
4. Once the frosty weather is over (usually mid-May), dig a hole in your garden/or plant in a large

Not just a pretty face

Sunflowers don't just look pretty, you can eat them too! Add petals and young leaves to brighten up salads and seeds can be roasted or eaten raw as a healthy snack.

Use sunflower petals and seeds in creams to relieve dry and itchy skins. Sunflower oil is a great source of vitamin E and helps to keep skin moist.

More for your money

Each sunflower is made of thousands of tiny flowers. The yellow petals that you see around the 'head' are called *ray flowers* – like the rays of the sun.

Reach for the sky!

The British record for the tallest sunflower stands at just under 8 metres. Its flowers opened up alongside the television aerial on a terraced house in Wigan in 2014. Record holder Richard Hope took over 30 years to develop his own champion sunflower by selecting seeds from his tallest plants each year.

container for your sunflower. Ideally dig it next to a wall or fence that gets lots of sun.

5. Squeeze your sunflower and the compost it's growing in out of your pot, and plant it in the hole you've dug. Put a bamboo cane /stick next to your sunflower and give your sunflower a good watering.
6. As your sunflower grows, make sure you tie the stem to the bamboo cane loosely with garden string. Try tying it using a 'figure-of-eight' knot as this will reduce any rubbing on the stem.
7. Keep watering your sunflower especially if the weather is dry.
8. When your sunflower appears, gently tease out the seed heads to make a fantastic sunny smiling face.

Mini Greenhouse

- * Take an old plastic bottle and ask an adult to cut the bottom off.
- * You may want to use the bottom as your pot.
- * Put the top of the bottle over your pot to act like a greenhouse and keep your seed warm.



Activity

- * When the sunflower starts to grow used the attached sheet to record how tall it is each week.

- * DON' T FORGET TO SEND PHOTOS OF HOW TALL YOUR SUNFLOWER IS GROWING EACH WEEK TO MR WAKELEY AND SCHOOL STAFF AT office@crickhowell.powys.sch.uk
- * You may also like to make a sunflower smile to go in your window with your rainbow!



Stay Safe, have fun and keep smiling 😊



Crickhowell Community
Primary School
