

**GAMES** [15 MINUTES]

# Seek Those Seeds!

 [LOW-ENERGY]


**What will kids do?**

Kids guess the location of seeds as cups are scrambled.



**Why is this activity important?**

The continuing creation of all plants begins with seeds. If properly nurtured and cared for, seeds turn into plants that yield harvests of sustaining fruit and vegetables or plant life that contributes to health and beauty for all.

## Get Ready

- five small paper cups
- pebbles
- edible seeds (or foods to represent seeds: fish crackers, or sugar-free jelly beans)
- aluminum foil pieces to cover cups
- smooth table or floor space large enough for kids to gather around

## Get Set (Up)

Put pebbles in four cups and seeds in the fifth. Have foil lids ready but not affixed to the cup lids. Practice your cup scrambling skills!

*Before serving any food, always check with caregivers or the VBS Director for kids who have food allergies. Provide an alternative if necessary.*



## Go Green!

This variation of a shell game asks kids to guess where “seeds” are hiding among five cups. The student who guesses correctly may consume the contents of the cup as a snack.

1. Invite kids to gather in a semi-circle around the five cups.
2. Point out the cup with seeds. Explain this is the *good seed* kids will try to pick out from among five cups, after you have scrambled them.
3. Place foil lids on the cups.
4. Scramble the cups for at least a minute to obscure the location of the *good seed*.
5. Ask a kid to pick a cup when scrambling is done. Peel off the lid.
6. Keep calling on kids and revealing contents of cups until the cup with the seeds has been picked.
7. Give the winning kid the “seeds” to eat. Play as many rounds as time allows. Share seeds with everyone.

**greenER:**

Use seeds that will be planted after class.

**greenEST:**

Use seeds that will be planted; recycle all game materials; return pebbles after the game.