### Supplies Needed:
- posters
- Styrofoam cup
- Potting Soil
- Seed Packet

### What to Do | What to Say
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**Chart #1** | Everyone gets spring fever. For some people, it strikes in January when the seed catalogs come. For others, it comes on the first day they can go outside without a coat. But whenever it strikes, there is one activity that can relieve it. Starting plants from seeds indoors.

It takes very little equipment to get an early start on spring.

**Hold up cup** | First of all we will need a container in which to grow the plants. Many things can be used, milk cartons, commercially available plastic & peat pots, flats, but a simple, cheap, Styrofoam cup works quite well.

**Point to holes in cup** | The container must have drainage, so poke a couple of holes in the bottom with a pencil.

**Hold up package of soil** | Then we need something for the plant to grow in. Prepackaged seed starting soil is preferable because it is free from weeds and plant disease.

**Hold up seed packet** | Lastly and most importantly we need seeds. The seed packet will tell us whether the plant can be started indoors and how early to start them.

It is best to plant only one or two seeds to a container so that they have plenty of room to grow.

The containers should then be put in a sunny window and kept moist.

**Chart #2 Summary** | In summary, to start seeds indoors you need a container, soil, seeds and a little time. With these simple materials anyone can have a garden on the windowsill just waiting on warm weather to bloom and grow.

Are there any questions?

**Conclusion** | Now you are ready to catch that spring fever and start your own garden from seed!
Spring Fever
Summary

To start seeds indoors:

1. Container
2. Soil
3. Seeds
4. Time