

SCRAP-PAPER SEED HEARTS

A GENTLE, LOW-IMPACT ACTIVITY USING ONLY SCRAP PAPER AND SEEDS. DESIGNED TO BE SENSORY-FRIENDLY, LOW-COST, AND SUITABLE FOR MIXED-ABILITY GROUPS.

WHAT YOU'LL MAKE

Soft, colourful "seed hearts" that can be planted in a pot or garden. They make lovely gifts, decorations, or keepsakes and they help pollinators too.



MATERIALS (ALL LOW-WASTE OR REUSED)

- Clean scrap paper (old drawings, envelopes, packaging paper)
- A small handful of wildflower seeds
- A bowl of warm water
- A tray or plate for drying
- Cookie cutters or simple shapes cut from cardboard (optional)



THIS LIST IS INTENTIONALLY FLEXIBLE SO FAMILIES CAN USE WHATEVER THEY ALREADY HAVE.

STEP BY STEP

1. Tear the scrap paper into small pieces and place them in a bowl.
2. Add warm water until the paper is fully covered. Leave for 10–15 minutes to soften.
3. Squish and mash the paper with your hands (or a spoon) until it becomes a soft pulp.
4. Sprinkle in the seeds and mix gently so they're evenly spread.
5. Shape your seed hearts by pressing the pulp into a cookie cutter or mould. If you don't have one, simply shape it by hand.
6. Press firmly to squeeze out excess water.
7. Leave to dry on a tray or sunny windowsill for 24–48 hours.
8. Plant or gift your seed hearts — they grow best when placed on soil and watered well.



This work is created in collaboration with Fife Climate Hub, whose support helps us grow climate action that is inclusive, creative, and rooted in our community.

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SENSORY NOTES

- The paper pulp is soft and squishy great for sensory seekers.
- If anyone prefers not to touch wet textures, they can use a spoon or wear gloves.
- The activity can be done sitting or standing, with clear steps and no time pressure.

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