

Practitioner's Guide

Bite-sized

TIPS



Autumn Activity – **Grow your own mini pine tree**

1. Firstly head out on a walk and collect your pinecone. Look out for pine trees and their leaves -they are more jagged and spikey. You will usually find pinecones on the ground.



2. Next take your pinecone home and plant it in a pot. You will need a pot and soil. Plant the pinecone in so it is facing upwards.



3. Water your pinecone everyday but only with a small amount of water. Too much water can cause your pinecone to rot.



4. Now the fun part- check your pinecone every week to see if anything has changed. Has anything started to grow or sprout?



5. After some time your mini pine tree will hopefully have started to appear!



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