



How-to Plant a Sunflower

Sunflowers are super plants to help birds in your garden. Bees love them too! Make a difference today by planting a sunflower for wildlife.

You will need:

- Small pot and a bigger pot for later
- Compost
- Watering can
- Sunflower seeds
- Ruler and labels for your pots

1. Put some compost in your small pot, leave about 1cm of room from the top of the pot
2. Poke your finger into the compost to make a little hole for you seeds, and pop the seed into the hole.
3. Cover the seed with a little compost and put a little label on the pot so you know when you planted it. Track your sunflowers progress on the sheets below.
4. Water your seed so the soil gets nice and damp.
5. Place your pots in a sunny spot on your windowsill, sunflowers need plenty of sun to grow!
6. Check on your sunflower often, if the soil feels dry, give it a little water, but be careful not to add too much! Get a parent to help you.
7. If your sunflower looks too big for the pot, you can replant it in a bigger pot, or even outside if it is warm.

If you decide to plant our sunflowers, let us know what visitors you have and share some photos on our socials @SongBirdSBS.

Learn more about Gardens for Birds and what you can do to help all birds and wildlife at:
www.songbirdsos.org/gardens-for-birds



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Sunflower Fun Facts

Did you know
it takes 8-14
weeks for a
sunflower to
grow?

There are over 60 different species of sunflowers and each sunflower can produce up to 2,000 seeds!

Bird food

The 'head' of the sunflower; the big yellow bit with all those lovely brown seeds, are a favourite treat of many bird species. When the sunflower head dies and starts to go brown, leave the head where it is and see what birds come to visit. You can use our other sheets to identify which birds they are!



Perfect for pollinators

Pollination allows flowering plants to produce seeds. Bees, moths, butterflies and beetles can pollinate different plants by moving pollen from one plant to another. Bumblebees especially love sunflowers, with their bright colours and sweet smell. By attracting insects, this also provides more food for the birds, who catch insects to feed chicks in the springtime.

The biggest sunflower recorded was grown in Germany at over 9m tall!



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Grow Your Sunflower

Track the progress of your sunflower on this sheet. Draw us a picture or send us a photo with your sunflower.
Remember to ask a parent's permission!

Week	How tall is your sunflower?	Describe what it looks like
1		
2		
3		
4		
5		
6		
7		



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Grow Your Sunflower

Track the progress of your sunflower on this sheet. Draw us a picture or send us a photo with your sunflower.
Remember to ask a parent's permission!

Week	How tall is your sunflower?	Describe what it looks like
8		
9		
10		
11		
12		
13		
14		



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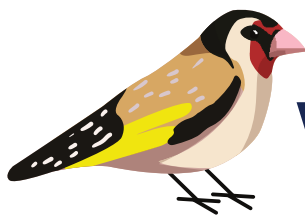


Colour-in Sunflower



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Songbird Word Search



Can you find the words hidden in the puzzle?

T	W	R	E	N	D	D	H	G	H	H	S
M	I	V	K	Z	J	I	C	O	C	C	T
B	H	T	H	N	S	R	N	L	N	N	A
J	L	I	E	N	V	U	I	D	I	I	R
Z	M	A	I	U	T	V	F	C	F	F	L
D	L	B	C	H	L	A	D	R	F	N	I
A	O	D	A	K	W	B	L	E	A	E	N
R	T	T	B	N	B	U	O	S	H	E	G
G	C	E	M	B	Y	I	G	T	C	R	C
H	P	D	X	C	T	U	R	M	I	G	I
G	R	E	A	T	T	I	T	D	R	P	R
W	O	R	R	A	P	S	E	S	U	O	H

BLACKBIRD

GOLDCREST

GREENFINCH

ROBIN

BLUE TIT

GOLDFINCH

HOUSE SPARROW

STARLING

CHAFFINCH

GREAT TIT

NUTHATCH

WREN