Once you have all of your materials, it’s time to start crafting:

**Materials needed:**
- Any kind of paper
- Mixing bowl or blender
- Water
- Food coloring (optional)
- Cookie cutters
- Plastic cutters
- Plastic wrap or parchment paper
- Small seeds, like a flower

**Once you have all of your materials, it’s time to start crafting:**

**STEP 1: Tear the paper**
Tear your paper into small pieces and place in your mixing bowl or blender.

**STEP 2: Add water**
However much paper you tore, add double the amount of water to your mixing bowl or blender.

**STEP 3: Pulp it**
Once it is blended, squeeze all the water out and remove any big paper clumps. Your paper mixture should be a consistent pulp.

**STEP 4: Add your seeds**
Add your selected seeds and mix with a spoon – don’t use the blender or your seeds will be damaged. Remember to write down which seeds you planted!

**STEP 5: Make your shapes**
Lay out your plastic wrap or parchment paper and use your cookie cutters or hands to make fun shapes. Remove any excess water that appears during this step.

**STEP 6: Optional add food coloring**
Drop food coloring onto your seed paper shape for a desired color pattern.

**STEP 7: Let it dry**
Let your seed paper dry completely, you can also use a hair dryer on a cool setting to speed up the process.

**Get social before and after**
With a parent or guardian’s permission, post a before and after photo of your seed paper and tag us at @vadot or use #valoversnotlitter. We’d love to see your designs and how your flower spouts have bloomed!

**Planting your seed paper**
After your seed paper is dry, lightly sandwich your seed paper between the soil and water. In a few days you should see the spouts appearing.