

COMPOSTING YOUR WORRIES

FOR THE FULL TEACHER'S LESSON PLAN EMAIL US @ INFO@WORRYWOOS.COM

DAY 1 - MAKING YOUR WORRY POD

STEP

1

- Write or draw worries on a piece of paper.
- Take a deep breath and rip up the illustration or words.
- Repeat until all worries are shredded.

STEP

2

- Add ripped up paper to hot water (parent supervision required)
- Let the paper soak 10-15 Minutes
- Blend paper in the food processor until it becomes pulpy,
- Drain out the excess water, now you have your worry pulp!

STEP

3

- Fill the pods 1/2 way with the worry pulp
- Add some wildflower seeds or seeds from the yard
- Fill the pod to the top with more worry pulp,
- Pat dry with a paper towel to remove excess water
- Let it sit for about 24 hours

DAY 2 - PLANTING YOUR WORRY POD

For these steps you will need a pot, soil, water and a cover for your pot

STEP 1 - Pop out the pods

STEP 2 - Fill the planter 1/2 way with soil

STEP 3 - Add the pods

STEP 4 - Cover the rest with soil

STEP 5 - Water until moist

STEP 6 - Place in a sunny area



FINAL STEP - Watch your plant grow + don't forget to water it!

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