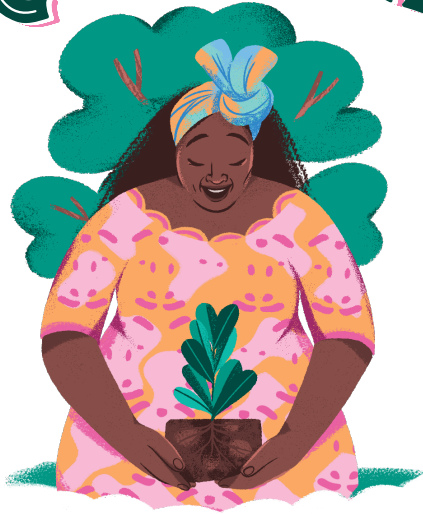


# DR. WANGARI MAATHAI



## PLANTS A FOREST

Wangari lives in the lush, green, land of rural Kenya where trees tower into the sky and streams are full of mysterious creatures. All day, she plays beneath her favorite fig tree, and at night she gathers with her family to listen to her mother's stories. Then, Wangari grows up and goes away to school, and things start changing at home. Farmers chop down trees. The streams and soil dry out, and nothing will grow. People go hungry. After all her studies, Dr. Wangari Maathai realizes there is a simple solution to these problems: plant a forest full of trees.

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from Wangari Maathai Plants a Forest →

# GROW YOUR OWN FOREST LIKE WANGARI!

Spending time in nature lets us appreciate the air we breathe, the food we eat, the water we drink, the plant medicine that heals us, and the beauty that surrounds us. Exercise your power like Wangari did by giving back to the world that gives us life.

1. Gather your materials:

- *A container for your plant, such as a recycled can, a flowerpot, a tightly woven basket, or even an old rubber boot*
- *A dish or plastic lid to catch the drainage*
- *Soil*
- *Seeds; choose whatever you'd like—flowers, herbs, or a small tree of your own!*
- *Spray bottle*
- *Plastic wrap*

2. Have an adult help you poke a few holes in the bottom of your planter, if it doesn't already have them.

3. Fill the container  $\frac{3}{4}$  of the way with soil.

4. Follow the instructions on the seed packet for planting depth.

5. Place your seeds in the hole you've created.

6. Cover the hole with soil.

7. Place the container on the dish and water your seeds. Cover the container with plastic wrap to keep in the moisture.

8. Place your potted plant by a window and watch over the coming weeks as it grows! Be sure to water your plant every few days. You can check if your plant needs water by touching the soil. If it feels dry, your plant needs water!

9. Once your seedling grows so tall that it touches the plastic wrap, remove the covering.



Activity created in partnership with



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