

Supply List

- Paint
- Paint brush
- Clay plant pot
- Potting soil
- Sunflower seed



Check out the Arts Whistler
YouTube channel to follow along
with the video instructions!



artswhistler.com | [@artswhistler](https://www.instagram.com/artswhistler)

Sunshine Sunflower

1



Be creative and paint away!

Craft tip: it may be helpful to flip the pot upside down so that you can have easier access to all sides.

2



Once you are finished painting the pot, set it aside to dry.

3



When the paint is dry, add soil to the pot filling it to the top!

4



Poke a small hole in the centre of the pot using your finger about one inch deep, or up to your second knuckle.

5



Then drop one sunflower seed in the hole. Cover the seed with the soil, add a little bit of water and watch it grow!

6



Don't forget to water your sunflower seed as it grows! Try planting the additional seeds directly in your garden in mid-May to late June.