



School Gardening
Resources

PRIMARY LEVEL

BORD BIA
IRISH FOOD BOARD

Making a Light Box for Indoor Seedlings





Time of Year	January/February
Aim	To make a light reflecting container for growing seedlings indoors.
Resources Needed	Cardboard box approx. 35cmx45cmx35cm, a pen and ruler, a craft knife/scissors, kitchen foil, tray to fit inside box.
Cross Curriculum Relevance	SESE: Living things, exploring / research, recording, observing Maths: Measuring, recording, active learning Informal Curriculum: Discover Primary Science



Making the box

1. Mark the sides of the box with matching diagonal lines using a pen and ruler. The lines go at a 45° angle from the base of the box to the top corners, effectively cutting the front and top off the box.
2. Using the craft knife or scissors cut along these lines and remove the section of box.
3. Cut out pieces of tinfoil to cover the inside and base of the box. Make sure these overlap the box on all sides.
4. Place a tray in the base of the box for the seedling and then place the box on a table near a sunny windowsill facing towards the light. Make sure that the box is positioned at the same height as the windowsill. Place books under the box if the table is too low. This light box is particularly useful for growing tomato and chilli seedlings.



Extension Activity

Prepare another box as above, but do not cover in foil. Place seedlings in both boxes in the same window and record differences in the growth of both sets of seedlings.



Health and Safety

- ★ Teacher should use the craft knife.
- ★ When using any cutting tools, always cut in a direction away from the body.

