



**GREENBELT
CONSERVANCY**

Con Edison Family Science Night

Making a Chia Head

Materials:

Stocking, Chia Seeds, Potting Soil, Jar or Pot, Scissors, Bowl, Spoon, Decorations for Face (googly eyes, felt, rubber bands, etc), Glue or Hot Glue Gun

Procedure:

- Put a handful or two full of chia seeds in to a bowl and add water. Mix the water with the chia seeds until it turns into a gelatin like substance. Leave for about 15-20 minutes to settle.
- Stretch stocking over the jar or pot you are planning to place the chia head in. This will help you add the chia seeds and soil.
- Once you have let the chia seeds sit, add them to the stocking first. About 1 to 2 tablespoons will do. Make sure they are placed at the very bottom. Then add about 5-6 scoops of soil on top of the seeds.
- Take the stocking out and compact all the materials to the bottom making a ball. Tie off the stocking and cut the rest of the excess leaving a couple of inches above the knot.
- Fill half the jar or pot with water. Place the full chia head on top of the pot with the excess stocking going into the water so it can soak over time.
- Decoration time!! Not everyone is going to decorate the same and you can do whatever you want. If you are going to use a hot glue gun (which I recommend) have a parent assist during this part. A simple way that I decorated was I glued two googly eyes on and glued a smile on using red felt. Make sure not to put anything over the chia seeds so they won't have trouble growing in that spot.
- After the decoration, place chia head in a sunny spot and spray with water a couple of times a day. You should start to see growth happening after a few days and now your chia head has hair!

After you have created your own chia head, is there any variations we can do to see what affects the growth of the seeds? Try creating more than one chia head and experiment with how you take care of each one. For example, place one in the sun while keeping the other in the shade. Or spray one with water every other day instead of every day. Perhaps don't wet the chia seeds beforehand to see if it makes a difference. Take notice to how this will affect the growth of each chia head and record your findings. Create your own experiment and join us for our virtual presentation on June 18. You can find the information on how to join us on our Greenbelt Environmental Education page or our website at sigreenbelt.org.

What are Chia Seeds?

Not only are chia seeds good to grow hair for your chia head, they are also a "super food" that can help us keep healthy. Chia seeds are from Mexico and Guatemala and have been a nutritious part of the human diet since around 3500 BC. In fact chia is the ancient Mayan word for "strength". They are small oval shaped and are dark or pale brown. Chia seeds can soak up to 15 times their weight in water and are gluten free. They contain large amounts of fiber, fatty acids, high quality protein, essential minerals and antioxidants.

We the Greenbelt Education Staff thank you for participating in our experiment and hope to see you all at our Con Edison Family Science Night on June 18, 2020 at 3:00 pm.