2x parts of water to start

1x pinch ofseeds

3x parts compost

3x parts clay

## What you'll need:

# **!teitrA sht tuodA**

and Musicology. γοιας τωο αθαιεθε in both Psychology designer, activist and educator who Mohammed Saleh is a Permaculture

tailored to fit the local culture, climate education, design, and consultancies solutions through implementation, enterprise that provides ecological Mostadam Eco Design, an eco-social came back to Palestine, he tounded, selt-sutticient living. As soon as he Canakkale which lit his passion for centre in the Ide Mountains of an ott-the-grid ecological educational Mohammed operated and managed υμείναι μινα-γεαγ σταγ πη μαγκεγ, sustainability for about a decade. He has been working in the tield of

T sug cyallenges.

Tellsomeone about your seed, tell the land!

What land or thing would you heal, and how?

Close your eves, imagine you are the seed.

Take a deep breath.

4

Find a nice spot outdoors. Sit down and relax.

### Connect

Lesson Plan **Palla Seeding** 

hy Mohammed Saleh

the rooms rooms 112101105 OFSTOOT

RESOLVE

### Yalla Seeding - Let's Seed!

Use your palm to hold and slowly add clay, compost, seeds and water with vour hands

Note: Curl your fingers gently around

them, it should feel like playdough.

Wet your hands if the mix is too

crumbly (too dry) but also don't make

between your hands - and form it into

Whisper a magic spell to prepare your

Roll a ball the size of your nose

a soup (too wet)

a shape you like

5

seed bomb for a journey

part of lools for Solidarity by se beqoleveb nelq nossel e



Let the seed bomb dry whilst you sleep and dream for one more night

seed bombs using their slingshots.

Fukuoka, children in India scattered

with Japanese tarmer Masanobu

Did you know? Inspired by a workshop

soil, with seed bombs formed of

blants you like by seed bombing the

areen a space or introduce the

Use this lesson plan to learn how to

planting seeds, bacteria and tungi.

heals the polluted and hurt land by

Palestine and since last year, he also

people. He works and lives in

to the city, and to the hearts of

green spaces, bringing nature back

Artist Mohammad Saleh creates

clay, compost and seeds.

2

Palla Seeding

Wait and Plant...

Find a home for the seed bomb. Throw the seed bomb on top ofsoil in a garden, or your favourite spot

Let nature do the rest and wait until your seed ball wakes up and sprouts

6

