



Choice. Respect. independence.

Seed Bombs and Launcher

CRI, Choice. Respect. independence. (formerly known as Community Residences, Inc.), is a community-based organization with a focused effort on providing people with developmental disabilities and/or mental health needs the resources, supports and services they need to live their lives with purpose, actively engaged in communities of their choosing. CRI's mission fully supports a person's ability to exercise control of their life's choices, and to live in and contribute to communities of their choosing, as young adults through aging in place. We believe in serving individuals within the communities in which they live & supporting the individual's choices and independence.

Seed bombs are a fun way to engage individuals with mental health needs and disabilities in an opportunity to commune with nature while providing them an opportunity to work on their fine and gross motor skills. Seed bombs are also a great way for individuals to give back to the community and make a positive impact on the world around them. The launcher is a fun way to make the seed bombs go the distance and particularly helping some individuals with mobility challenges.

Seed Bombs and Launcher

- Seed bombs are a great way to encourage CRI individuals to engage with nature, to bring color to the outdoors, and to make a positive impact on the environment by supporting local plants and pollinators.
- For visuals and inspiration, check out these websites:
 - <https://www.wildlifetrusts.org/actions/how-make-seed-bomb>
 - <https://www.instructables.com/How-to-Make-a-Seed-Bomb/>
 - <https://www.steampoweredfamily.com/seed-bombs-and-launcher/>

Supplies

- Compost
- Clay powder (you could use clay soil instead if available – check your local garden center- or Crayola Air Dry clay if you can't find powder or local clay)
- Water – Just a bit!
- Local wildflower seeds
- Bowl or plastic container
- Scissors
- Balloon
- Toilet paper cardboard rolls or paper towel rolls cut in half
- Duct tape
- Paper sandwich bags
- Washable Markers

How To Get Started

Seed Bomb

1. Start gathering your supplies. It is recommended that you use local clay and seeds if possible. For clay (check out your local garden center or even your backyard!
2. When choosing your wildflower seeds, you can use [this link \(https://plants.usda.gov/home\)](https://plants.usda.gov/home) to see if they're native to this area. Be sure the seeds are local to Virginia, so they have a higher chance of survival. Check out your local garden center or plant nursery for local seeds. You can also check out these websites:
 - a. <https://keepvirginiabeautiful.org/2022/05/09/get-growing-with-free-seeds/>
 - b. <https://www.amazon.com/Virginia-Wildflower-Seed-Mix-Collection/dp/B01N5IFULO>
 - c. <https://www.createdbynature.com/products/virginia-wildflower-mix>
 - d. <https://www.ufseeds.com/product/virginia-blend-wildflower-seed/WFVI.html>
3. In a bowl, combine 5 cups compost to 2 cups clay and 1 cup seeds (Keep the 5:2:1 ratio if you have less supplies).
4. Begin mixing the ingredients together with your hands. Add a little bit of water to help bind the ingredients together, but not so much that it makes it sludgy. If you add too much water, you can leave your bowl in the sun to dry out a bit before continuing.
5. Make sure you mix all the ingredients well so each of the seeds are thoroughly integrated. This gives them a higher chance of germination.
6. Roll your seed bomb. The ball should be no larger than 1.5" in diameter.
7. Roll all your seed bombs and leave them in the sun to dry so they don't get moldy.

Launcher

1. Gather your supplies.
2. Cut off the top of your balloon (opposite length of the balloon to the mouth)
3. Stretch the cut edge of the balloon over the cardboard tube.
4. Use duct tape to secure the balloon to the tube.
5. Tie a knot on the other end of the balloon (the mouth). This is the end you will pull on to launch the seed bombs.
6. In big bold letters, write "SEED BOMB LAUNCHER" on the cardboard.
7. Test your launcher on some spare bombs!

Package It

1. Decorate your paper sandwich bag. Make sure you use washable markers so the bag itself is compostable.
 - a. Include a fun fact or joke about pollinators, flowers, or nature
 - b. Include what type of seeds you used
 - c. Add some fun pictures and designs!
8. Add five seed bombs to each paper sandwich bag.
9. Add one launcher per bag.

Bags of Seed Bombs can be dropped off to the following addresses:

Chantilly HQ

14160 Newbrook Dr, Chantilly, VA 20151

Donation boxes are located in the lobby beyond the double glass doors

Accepting donations Monday - Sunday from 10am to 2pm

Arlington/Falls Church Maintenance Office

7297A Lee Hwy, Falls Church, VA 22042

Donation boxes are located in the lobby just inside the front door

Accepting donations Monday - Sunday from 10am to 2pm

Richmond

808 Moorefield Park Dr., Ste. 310, Richmond, VA 23235

Accepting donations Monday – Friday from 10am to 1pm