

Himalayan balsam flowers have exploding seeds pods which, when ripe, burst open at the slightest touch and fling their seeds up to 7m from the plant!

Make your own exploding seed pod and see how far you can fling your seeds. Challenge your friends and have a competition to see who can get the furthest.

You will need:

- Toilet paper tube
- Balloon
- Sticky tape
- 'Seeds' e.g. rice crispies, golden puffs, barley, rice etc.

Instructions:

1. Tie a knot in the end of a deflated balloon.
2. Cut off the top of the balloon.
3. Stretch the open cut end of the balloon over one end of the toilet paper tube and firmly tape it on using sticky tape.
4. Add a small amount of 'seeds' into the open end of the cardboard tube.
5. Point the open end of the tube towards an open area, pull back the tied-off balloon end, then let it go to snap against the tube.

Watch the seeds scatter from the tube and use a tape measure to find out how far they have been flung in the "explosion".

6. Try different "seeds" – can you get any of them to fly 7m?

