

<b>Name:</b>	<b>Class:</b>	<b>Year:</b>
--------------	---------------	--------------

## Growing plants for better indoor air quality

We need clean air inside our homes and schools, as well as outside. This is important for our health. The things that pollute our air inside are different to those that pollute the air outside.

Sources of indoor air pollution - circle which you think pollute the air inside our homes and schools:

- Cleaning chemicals
- House fragrances i.e. an air freshener
- Perfume / nail varnish / hair spray
- Plants
- Tins of Paint and paintbrush
- New carpets
- Mould / damp

We can help keep the air inside our homes cleaner, by carefully choosing what we buy and bring into our homes. For example, choosing a roll on deodorant instead of a spray on deodorant.

A really simple way of cleaning the air in our homes is to have house plants. Certain plants are really good at cleaning the air inside our homes and classrooms. Some of these are spider plants; aloe vera plants and snake plants.

This mini guide shows you how to grow your own.

### What you need:

- Plant pots for your baby plants
- A tray
- Some compost
- Scissors
- An older 'spider' plant or 'aloe vera' plant with babies. It is better for the parent plant if the babies are removed. This means that when you return the parent plant to whoever gave it to you, it will grow better for them and you get new plants.

## Spider Plant:

1. Find the babies on the plant.

Runner attaching baby spider plant(s) to parent plant



2. Cut the babies from the runner. Make sure you don't damage the baby plant.

3. Place babies into water and leave until the roots have grown (one or two cm is long enough).

4. Plant the babies into a plant pot of fresh compost.



## Aloe Vera Plants:

1. Carefully remove the parent aloe vera and its 'pups' from its pot. Remove any dead leaves.



2. Break the 'pup' off the main plant being careful to keep the roots attached. Plant the baby into a small pot filled with compost and the parent plant back into its pot with compost.



**Want to try other plants?**

### **Snake Plants:**

You can grow new snake plants simply by cutting off a leaf and placing it into some water. Type 'making a new snake plant from a leaf' into a search engine and you'll find lots of guides about how to do it.



Teachers Notes

All of the items listed, except for plants, are sources of indoor air pollution.