



A13 Making a light reflector



Since light only comes from one direction on a windowsill, plants tend to stretch towards the light, especially seedlings. To prevent this, make a simple cardboard reflector covered in shiny aluminium foil to evenly reflect light so seedlings grow straight.

Resources

- Cardboard box that will fit on to the window ledge and wide enough for pots and seed trays
- Plastic sheet
- Aluminium foil
- Sticky tape or glue

Activity

- 1 Follow instructions on the next page for building a light reflector, adapting the design to suit your available resources and size of windowsill.
- 2 Experiment with a range of seedlings and vegetable crops.



Health & Safety

Younger children will require adult help if using scissors.

See also Health and Safety Guidelines (Section B3.3)

Further information

A18 Sowing seed

B4.7 Growing on a windowsill

Instructions for making a windowsill light reflector

- 1 Materials for one reflector
 - Cardboard box
 - Plastic bag
 - Aluminium foil
 - Sticky tape or glue



- 2 Take a cardboard box and cut off the top so it is around 15-20cm tall (this height suits trays of seedlings).
Alternatively, fold a cardboard sheet in half to create an 'L' shape and tape separate diagonal supports to hold cardboard in place.



- 3 On the front side of the box, measure 3-4cm up from the base and draw a straight line across.



- 4 Draw a diagonal line from the top of the new front edge to the top corner at the back of the box.



5 Carefully cut along these lines.



6 Line the base and sides of the box with plastic and use sticky tape or glue to secure.



7 Line the base and sides of the box with aluminium foil, shiny side showing, again using sticky tape or glue to secure.



8 Place your finished light reflector on a windowsill and start growing!

