

## Printable Double-Sided Tri-Fold .pdf file

How to make an indoor, carbon-sequestering, [air purifying](#) moss garden (with materials found in your home, back yard or sidewalk!)

Benefits of indoor moss gardens - Why bother making one?

1. Air purifying
2. Carbon sequestering
3. Easy, DIY, **NO monetary investment required!**
4. Educational, hands-on, outdoor, safe, child-friendly activity with **NO art supply impact!**
5. Incredibly low maintenance gardening for those without green thumbs
6. Customizable, personalized, and sentimental or religious and spiritual elements can be integrated (making a very zen addition to altars).

Some Photos of Indoor Moss Gardens (for your inspiration!)



(I used an old ashtray for one of my containers!)

Take Time to Discuss - [Why is making a moss garden so significant?](#)

Moss breathes in CO<sub>2</sub> and exhales O<sub>2</sub> like any photosynthetic plant. The capacity of moss to do this can be greater than that of certain trees (and certainly more than your grass lawn!)

Moss purifies the air in your home by regulating moisture levels, releasing moisture into the air when it is too dry, and drinking the water vapor from the air when it is humid. This allows mosses to catch pathogens, dust, pollen and other airborne toxins.

**Quarantine Note!**

Do this activity with your children! When unable to adequately engage with strangers in your community emphasis shifts to engaging meaningfully with close family and friends.

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### Materials Required

1. Any container! Shallow or deep, wide or narrow, ceramic, glass, metal, plastic. Really whatever you have available works!
2. **Soil** - Does not have to be potting soil, any dirt will do. Just be sure to moisten it before putting it in your container.
3. Small pebbles or rocks - these provide drainage and foothold for the moss. Available at local dollar stores if you want, but I found mine in my backyard.
4. **Moss!** I found a variety of different kinds growing on a variety of different surfaces to provide visual interest as well as species diversity to test to see what will grow best.
5. Optional - Add-ons! - **Dead branches** to climb on, rocks, crystals, religious icons, pinecones, seedlings, etc.

### Construction Instructions

1. Line bottom of container with **damp (not wet!) soil** and form mound in the center (+add visual elements here).
2. Line edges of container on top of dirt with pebbles/rock almost all the way to the edge (leave approx. 1/4 inch of edge of container exposed to tuck **moss** neatly into.
3. Take harvested moss and fit into container (**moss** can be broken apart and cut to fit any container and around most materials) of course **I would recommend only recycled or natural materials to keep carbon impact net zero or negative!**
4. Use a clean (preferably new but not required) spray bottle to moisten the bottom of the moss and secure in place.

### Moss Garden Care

**Water gently with a mist from a spray bottle** (preferably a new one - though totally not required). Or water with a slow drip from a faucet, just be sure not to let water sit in the bottom of the container

Place in an area of **direct sunlight** - can tolerate indirect sunlight as well, but initially after creating moss garden it is important to simulate outdoor environment.

**Moss** does require **consistent watering, hydration or humidity** (so your bathroom would be a great spot for an established moss garden!)

Should see rapid growth by week 6, maybe earlier.

Prune **dead/dry** pieces to encourage more concentrated full growth.