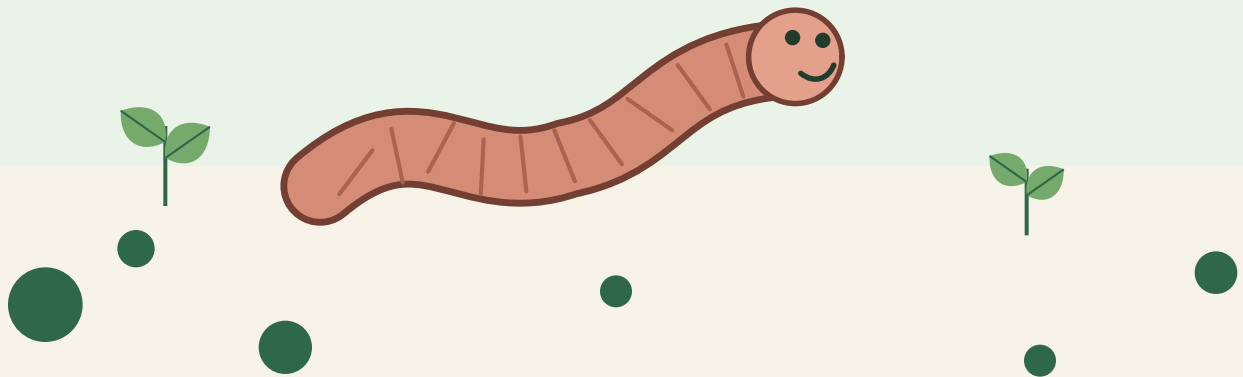


JUNIOR WORM FARMER

THE 7-DAY ADVENTURE JOURNAL

HELLO, EXPLORER!

Your mission: discover what happens beneath the bedding.



JUNIOR FARMER NAME

START DATE

MY BIG PREDICTION

What do you think will happen to the tiny food scraps?

7 MISSIONS • 1 AMAZING LIVING HABITAT • LOTS OF QUESTIONS

Build it. Watch it. Learn from it. Most importantly, be gentle.

MISSION CONTROL



Gather your gear, prepare your habitat, and choose your mission.

YOUR STARTER KIT

01

VENTILATED TOTE

Adult prepares air holes

☐

02

SHREDDED CARDBOARD

Plain, damp, and fluffy

☐

03

RED WIGGLERS

Composting worms

☐

04

SMALL FOOD SCRAPS

A tiny fruit or veggie meal

☐

05

SAFE SHADY SPOT

Away from heat and sun

☐

06

PENCIL + JOURNAL

Your science tools

☐

THE WORM FARMER PROMISE

I will use gentle hands, wash up after checking the bin, let grown-ups handle tools, and give the worms plenty of quiet time to work.

YOUR SEVEN MISSION BADGES

1

2

3

4

5

6

7

Color each badge after your mission is complete!

EXPLORER TIP

You do not need to find a worm every day. Sometimes the best science is noticing changes, making a note, and letting the habitat rest.

HABITAT & HIDE-AND-SEEK



Two little discoveries. No digging around required.

1

HABITAT BUILDER

What should your worms feel under their tiny feet?

CHECK YOUR BEDDING

☐

Damp like a wrung-out sponge

☐

Loose, not packed tight

DRAW YOUR BIN AND ITS BEDDING

2

WORM DETECTIVE

Where did your wigglers go after they settled in?

LOOK BRIEFLY. WHAT DID YOU NOTICE?

☐

Worms stayed under the bedding

☐

I noticed one near the top

☐

Not sure yet (totally OK!)

QUICK SKETCH OR ONE COOL OBSERVATION

LUNCH & MOISTURE LAB

Small meals and good conditions help your worms feel at home.



3

WHAT'S ON THE MENU?

With an adult, give one tiny meal after the worms settle.

I CHOSE A TINY AMOUNT OF...

☐

Soft apple

☐

Lettuce

☐

Strawberry

☐

Other veggie

MY FOOD PREDICTION

What will the food look like in two days?

4

MOISTURE INSPECTOR

Get a grown-up to help check a small handful of bedding.

HOW DID THE BEDDING FEEL?

☐

TOO DRY

Needs a little water

☐

JUST RIGHT

Like a wrung-out sponge

☐

TOO WET

Needs drier bedding

TEMPERATURE (OPTIONAL)

_____ °F or °C

WHAT WOULD YOU TELL A NEW WORM FARMER?

FOOD SLEUTHS + CREW



Look for clues! It is okay if the food has barely changed.

5

FOOD SCRAP SLEUTH

Compare the same food scrap with what you saw on Day 3.

DAY 3: AT FIRST**DAY 5: TODAY****THE FOOD LOOKS...**☐

Smaller

☐

Softer

☐

About the same

6

MEET THE CLEANUP CREW

Be a quiet observer: no need to dig up the whole habitat.

TODAY I NOTICED...☐

Worm activity

☐

Darker bedding

☐

Food changes

MY FAVORITE CLUE OR SKETCH

THE BIG DISCOVERY



There are no wrong predictions. Scientists learn from surprises!

7

BEFORE & AFTER

Draw one thing you noticed at the start and one thing today.

BEFORE: DAY 1**AFTER: DAY 7**

MY SCIENCE CONCLUSION

My prediction was...

☐ Right!☐ Partly right☐ Not right (still science!)

The most interesting change was:

The question I want to test next:

MISSION COMPLETE!

Color your seventh badge. Your curiosity is the superpower.



WORM DETECTIVE BINGO



Can you spot five real worm-farm discoveries over time?

I checked the bedding moisture 	I noticed a food scrap change 	I kept the bin in shade 
I saw a worm (or its trail) 	FREE SPACE! I gave worms time 	I drew one cool discovery 
I noticed the bin smelled earthy 	I asked a new question 	I added NO extra food today 

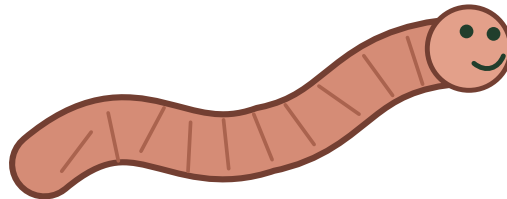
BONUS: YOUR 30-DAY FOLLOW-UP

Check once a week. Make a tiny note about what changed.

☐ Week 1	_____	☐ Week 2	_____
☐ Week 3	_____	☐ Week 4	_____


THE WORM FARMERS PRESENTS

★
OFFICIAL
JUNIOR WORM FARMER
CERTIFICATE OF DISCOVERY



THIS CERTIFICATE IS PROUDLY AWARDED TO

WRITE YOUR NAME ABOVE

For completing the Seven-Day Worm Discovery Adventure, treating
living things with care, and asking awesome science questions.

DATE ★

GROWN-UP SIGNATURE 

 KEEP GROWING. KEEP ASKING. GROW CURIOUS! ★

THE WORM FARMERS • thewormfarmers.com