How to make and launch Egg Seed Bombs in ten simple steps

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You will need...

- 1 free range egg
- 1 needle
- 1 bowl
- Seeds
- 1 marker
- Cotton wool
- A lot of puff

1. Wash your egg
2. Take the needle and pierce the top and bottom of the egg shell
3. Crouch over bowl holding the egg firmly
4. Place your lips over the top hole and begin to blow, if nothing happens make the hole at the bottom of the egg slightly larger
5. Keep blowing
6. Keep blowing until entire contents of the egg is in the bowl (save for later when you can enjoy scrambled eggs)
7. Delicately insert seeds through biggest hole in egg, this can be a bit fiddly, so maximum patience is required
8. Use a marker to write a message of hope and good will on the outside of your egg
9. Your egg is now ready to go, wrap it up carefully so it will not break on your journey to the launch site
   (an egg box packed with cotton wool should suffice)
10. Get to your launch site, unwrap egg, take it delicately in one hand, give it a kiss, draw back arm and launch

Job well done.

Warning: Blowing egg may cause dizziness, a faint feeling, hyperventilation.