



■ Swasia Indoor Ecosystem Kit

Grow Air, Food & Knowledge at Home

“The best way to predict the future is to build it together.”

Welcome to Swasia

At Swasia, we make learning hands-on, fun, and connected with nature. This kit helps families set up a complete indoor ecosystem to grow food, clean air, and learn together.

Kit Components

1. Plants & Seeds – Fast-growing seeds, herbs, and leafy greens.
2. Soil & Compost – Healthy soil with compost starter.
3. Containers – Pots, trays, and recycled containers.
4. Water System – Simple watering tools and water-saving setup.
5. Light – Natural/supplemental light setup.
6. Tools – Trowel, labels, and journals.
7. Learning Cards – Seed-to-plant guide, air & water cycle cards.

Step-by-Step Setup

1. Place containers near a light source or window.
2. Fill pots with soil and compost mix.

- 3. Plant seeds and water lightly.
- 4. Record daily care and observations.
- 5. Share progress with family and community.

Benefits of the Indoor Ecosystem

- Fresh, healthy food at home.
- Cleaner indoor air.
- Fun family bonding.
- Teaches sustainability and responsibility.
- Creates opportunities for kids to innovate and sell eco-products.

Indoor Ecosystem Checklist

| Component | Status |
|-----------------|--------|
| ■ Plant seeds | [] |
| ■ Water system | [] |
| ■ Light setup | [] |
| ■ Compost bin | [] |
| ■ Journal ready | [] |