

# Year 1 Activity 1

## How to make your very own Cress Head.

You will need:

- ✓ A Yoghurt Pot
- ✓ Cotton Wool
- ✓ Kitchen Roll
- ✓ Cress Seeds
- ✓ Water
- ✓ Paint
- ✓ Paint Brushes



1

Take the label off the yoghurt pot and paint a funny face on top.

2

Put some wet kitchen roll in the bottom and put some damp cotton wool on top of that.

3

Evenly spread some cress seeds on top of the cotton wool and press them down gently.

4

Put the pot in a warm place that gets some sunlight, like a windowsill.

5

Watch the cress grow! This should happen after about 7 days.

