



Activity 2: Cress



Looking & Seeing

- Go for a walk and look for things growing.
- Find seeds that have fallen from trees and plants. What do they need to grow? What will they grow into?



Use your magnifying glass to look closely – what can you see?



Chatting & Wondering

- What do you eat that has seeds?
- Could you grow the seeds from an apple or pear?
- How do you care for the things that grow?



Creating & Making

To grow cress, you will need:



Cress seeds
from your
yellow sack



Cotton wool
or tissue



Eggshell or
yoghurt pot

What to do:

- Soak your cotton wool or tissue in water.
- Place cotton wool in an eggshell or yoghurt pot.
- Take a large pinch of cress seeds and scatter over the cotton wool or tissue.
- Remember to keep the cotton wool or tissue damp.

