

## **Cress Heads!**

### **You will need**

Empty egg shells - cleaned out with only the top cut off. It's a good idea to ask each child to bring in more than one each in case of any breakages.

Cress (or mustard) seeds. These are often available in garden centres, nurseries and some DIY stores.

Kitchen roll or cotton wool

A jug of water – a small amount of water is required for each egg shell.

Empty egg cartons (to be used as stands).

### **Instructions**

Ensure the egg shells are reasonably clean and have only the tops removed.

Each egg shell should then be filled with cotton wool. The shells will become stronger and less likely to crack once the cotton is added.

The children can now use felt tips or paints to draw a picture of a head/face on their shell.

Once this is complete add some water to the cotton wool, so as it is damp throughout.

Now, sprinkle some cress seeds onto the cotton wool. The cress will soon grow into the hair of the picture on the shell.

The cress should take 1-2 days to grow. Use the empty egg cartons to hold the egg shells while the cress grows.

### **TIP!**

Place the egg shells in sunlight to help the cress grow quicker

or

Place some egg shells in sunlight and some out of sunlight to demonstrate how the light will affect the rate of growth.