

# Spring is all about new life and things growing. Grow some cress



## Here's an idea

Use old tights, a plastic cup, a recycled tin can or an egg shell to grow your cress. Why not draw a face on the front and make it into a cress head?

**Age 14 - 18**

**Age 3 - 5**

**Age 5 - 7**

**Age 7 - 11**

## Activity details

### This activity counts towards...



- Spring Challenge

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£	Indoors
Day/Night	

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|---|---|
| <input type="checkbox"/> 11 - 14          | <input checked="" type="checkbox"/> 14 - 18 |
| <input checked="" type="checkbox"/> 5 - 7 | <input checked="" type="checkbox"/> 7 - 11  |
| <input checked="" type="checkbox"/> 3 - 5 |   |
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- |                                 |  |
|---------------------------------|--|
| <input type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input type="checkbox"/> Summer | <input type="checkbox"/> Winter            |
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### Skills:

- Creativity
- Decision making
- Fine Motor Skills
- Independence
- Observation
- Resourcefulness
- Self motivation

### Equipment:

- Cotton Wool
- Cress Seed
- Recycled Materials
- Small container