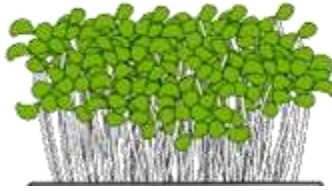


# How to make My Cress Head



## **You will need:**

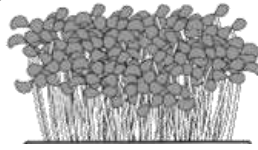
An egg shell or yogurt pot  
Cotton wool  
Water  
Cress seeds  
Googly eyes  
Pen  
Glue



1. Stick googly eyes on to your pot or draw with a pen
2. Fill your empty yoghurt pot or egg shell with cotton wool
3. Leave some space at the top so the seeds don't fall out
4. Pour in a little water until the cotton wool is damp but not soaked with water
5. Sprinkle the cress seeds over the cotton wool
6. Leave your cress head in a warm, sunny position and wait for the hair to grow. If you're using an empty egg shell then the egg box is an ideal stand



# My Cress Head



## How is it growing?

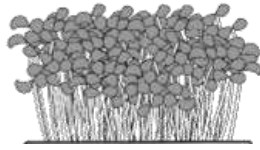
Today the date is:
and my cress looks like this: _____ _____ _____ _____ _____
In three days I think my cress will... _____

Today the date is:
and my cress looks like this: _____ _____ _____ _____ _____
In three days I think my cress will... _____

Today the date is:
and my cress looks like this: _____ _____ _____ _____ _____
In three days I think my cress will... _____

Today the date is:
and my cress looks like this: _____ _____ _____ _____ _____
In three days I think my cress will... _____

# Our Cress Head



**in the  
cupboard!**

## How is it growing?

Today the date is:
and the cupboard cress looks like this: _____ _____ _____ _____ _____
In three days I think it will... _____ _____

Today the date is:
and the cupboard cress looks like this: _____ _____ _____ _____ _____
In three days I think it will... _____ _____

Today the date is:
and the cupboard cress looks like this: _____ _____ _____ _____ _____
In three days I think it will... _____ _____

Today the date is:
and the cupboard cress looks like this: _____ _____ _____ _____ _____
In three days I think it will... _____ _____