



Mr Bloom's Nursery

Cress Heads



You will need

A yogurt pot
Cotton wool
Kitchen roll
Cress seeds
Water
Paint and paint brushes

1

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



Remember to ask a grown-up for help

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.