



## Create a Colourful Cress Pot

Encourage your children to try growing some seeds just like Love Monster and Tiniest Fluffiest Bunny in the Love Monster episode, Plant a Seed Day.

### You will need

- One small terracotta pot
- Poster paint
- Cotton wool
- Some cress seeds

### Method

#### Step 1- Decorate your pot

- Use poster paint to create colourful patterns on your terracotta pot
- Set aside and let it dry

#### Step 2- Prepare the cotton wool

- Wet the cotton wool and place it in the bottom of the pot
- Ensure the pot is full to 3 cm from the top

#### Step 3- Sow the seeds

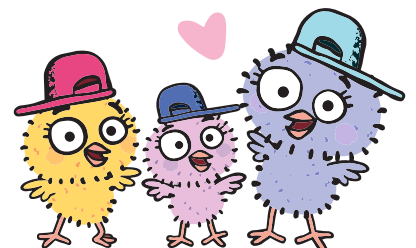
- Sprinkle the seeds on top of the damp cotton wool
- Don't use too many around 40-50 will do
- Gently press the seeds down to ensure they make contact with the surface

#### Step 4- Look after your seeds

- Place the seeds on a warm dry windowsill to grow.
- Every 2-3 days check that the cotton wool is still damp
- You should see the cress start to sprout in less than a week
- The cress will take 4 or 5 weeks to reach its full height and can then be eaten



Enjoy!



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