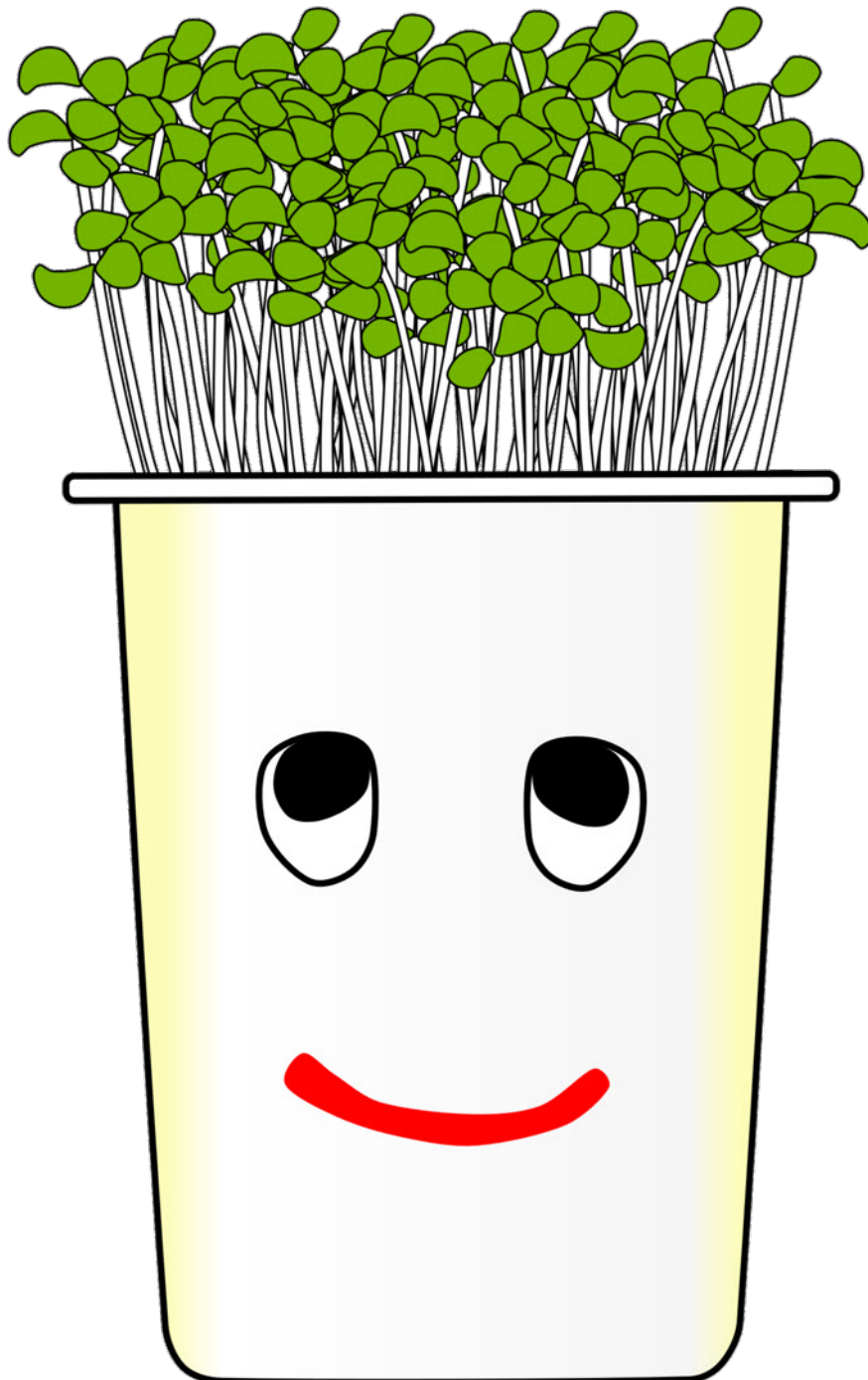


Growing a **Cress Head**



You will need:

paint and brushes

cress seeds

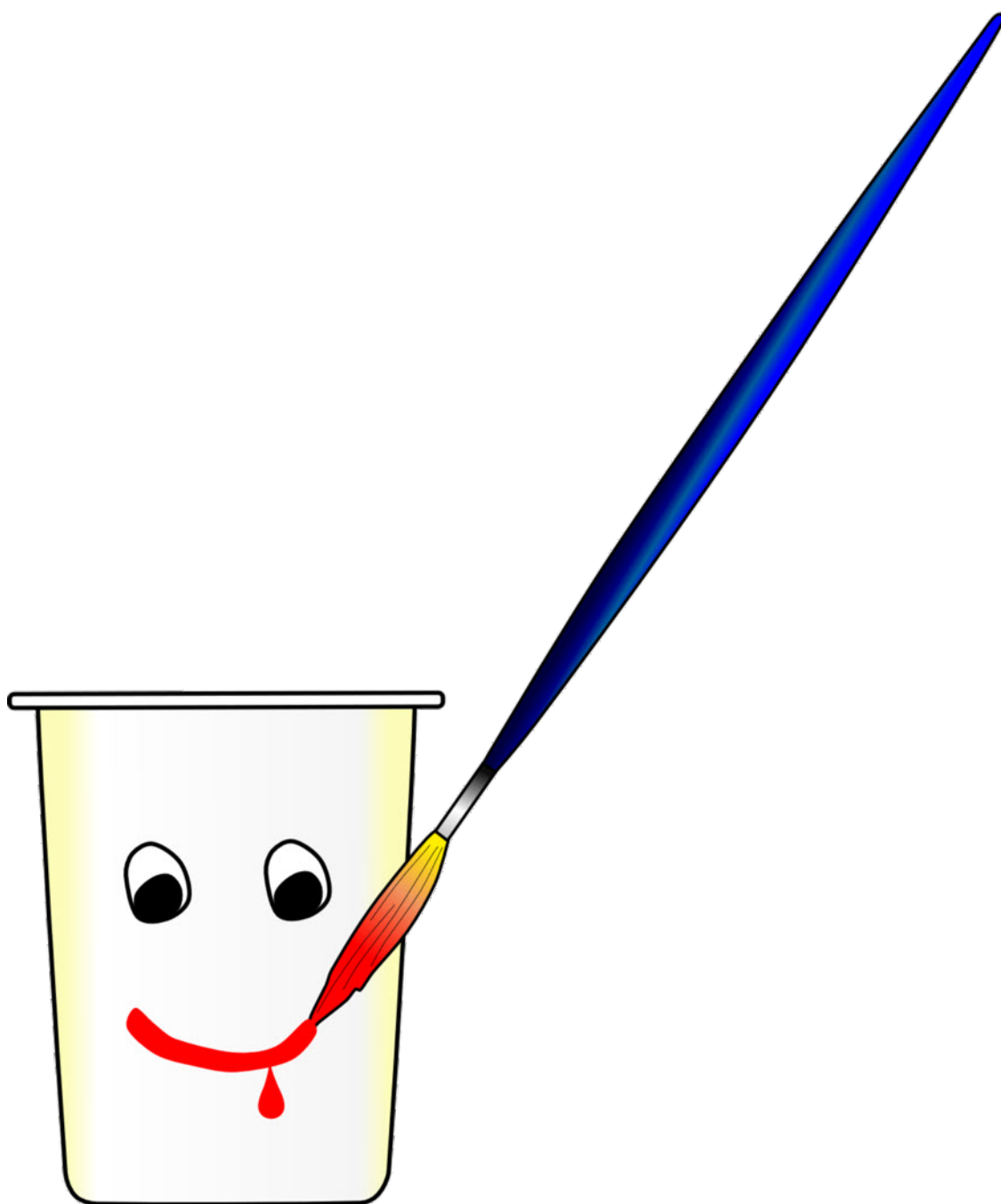
cotton wool

a yogurt pot

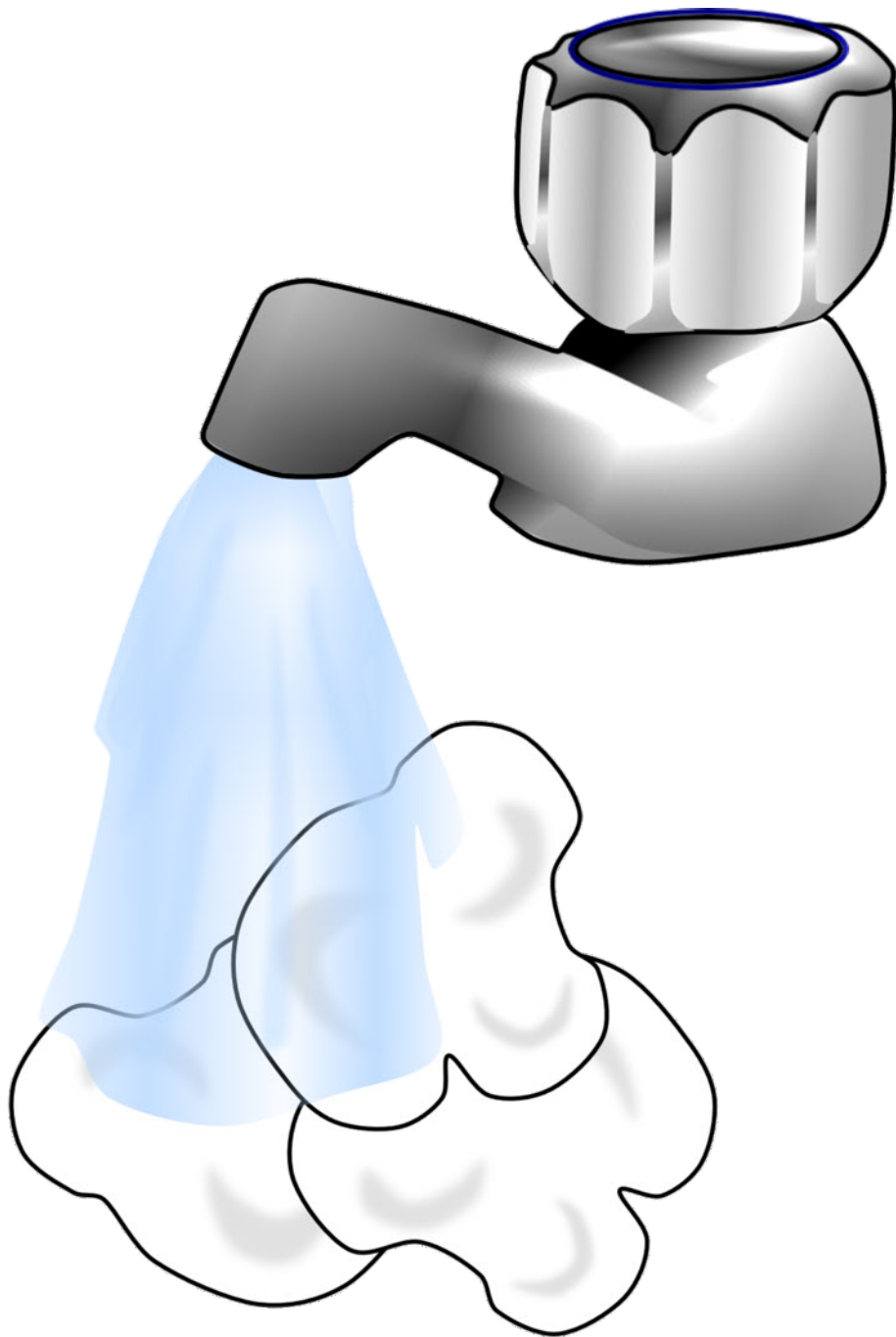


1

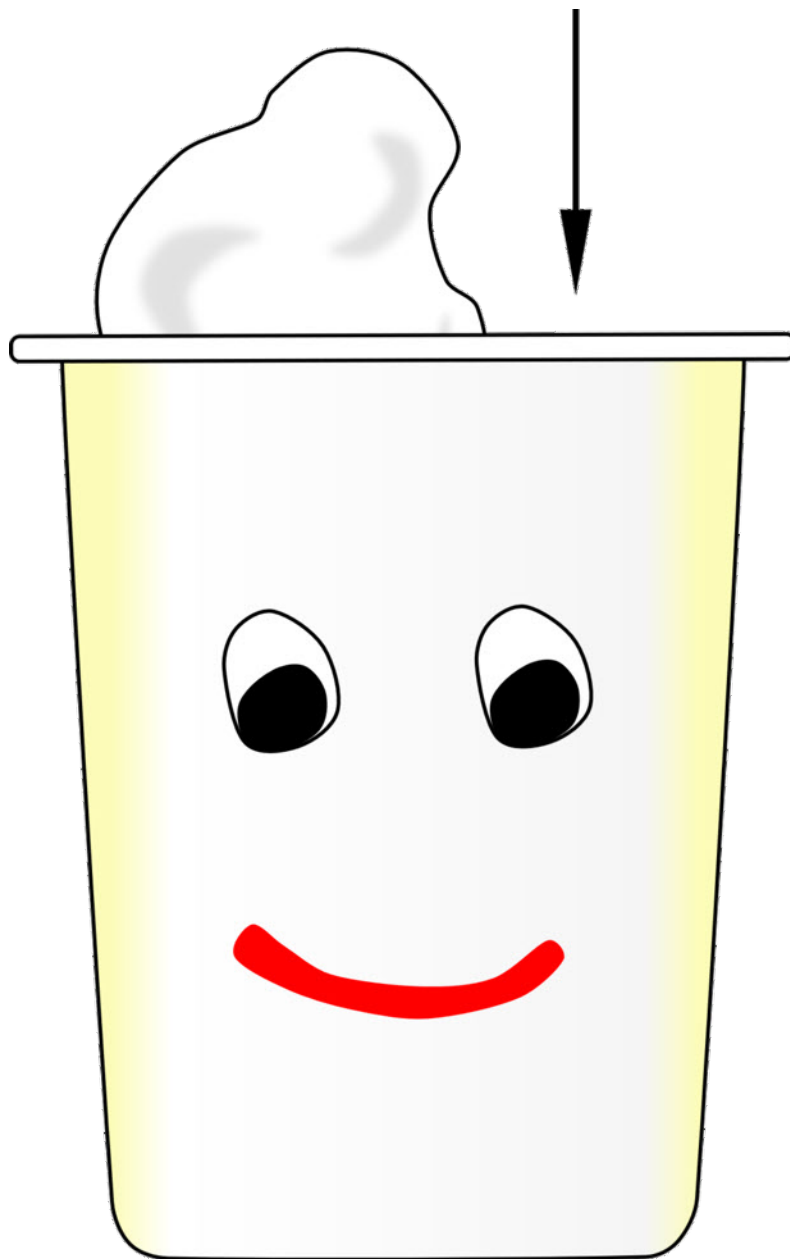
Take the label off your yogurt pot and paint on a smiley face.



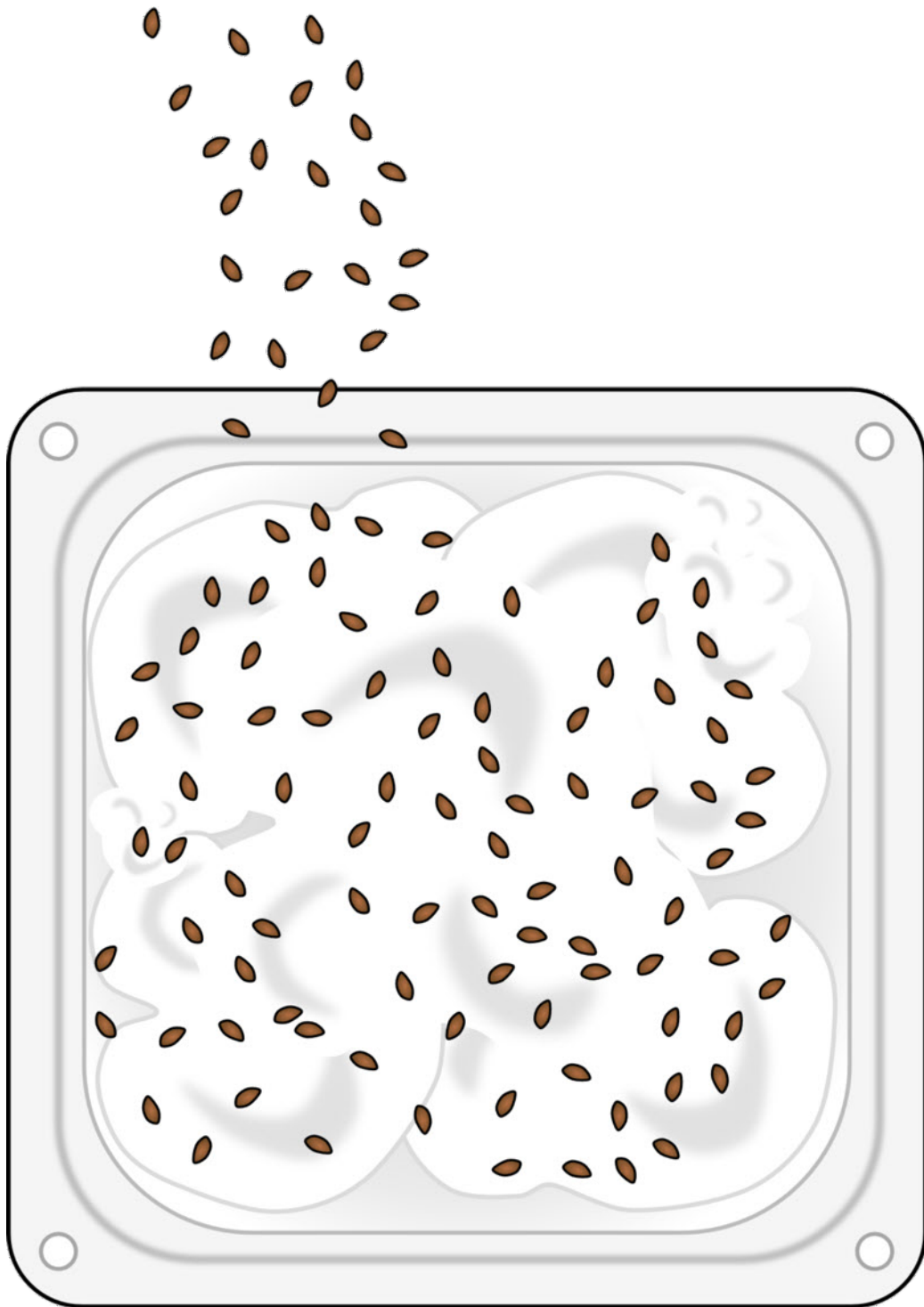
2 Wet some cotton wool and put in the bottom of the yogurt pot.



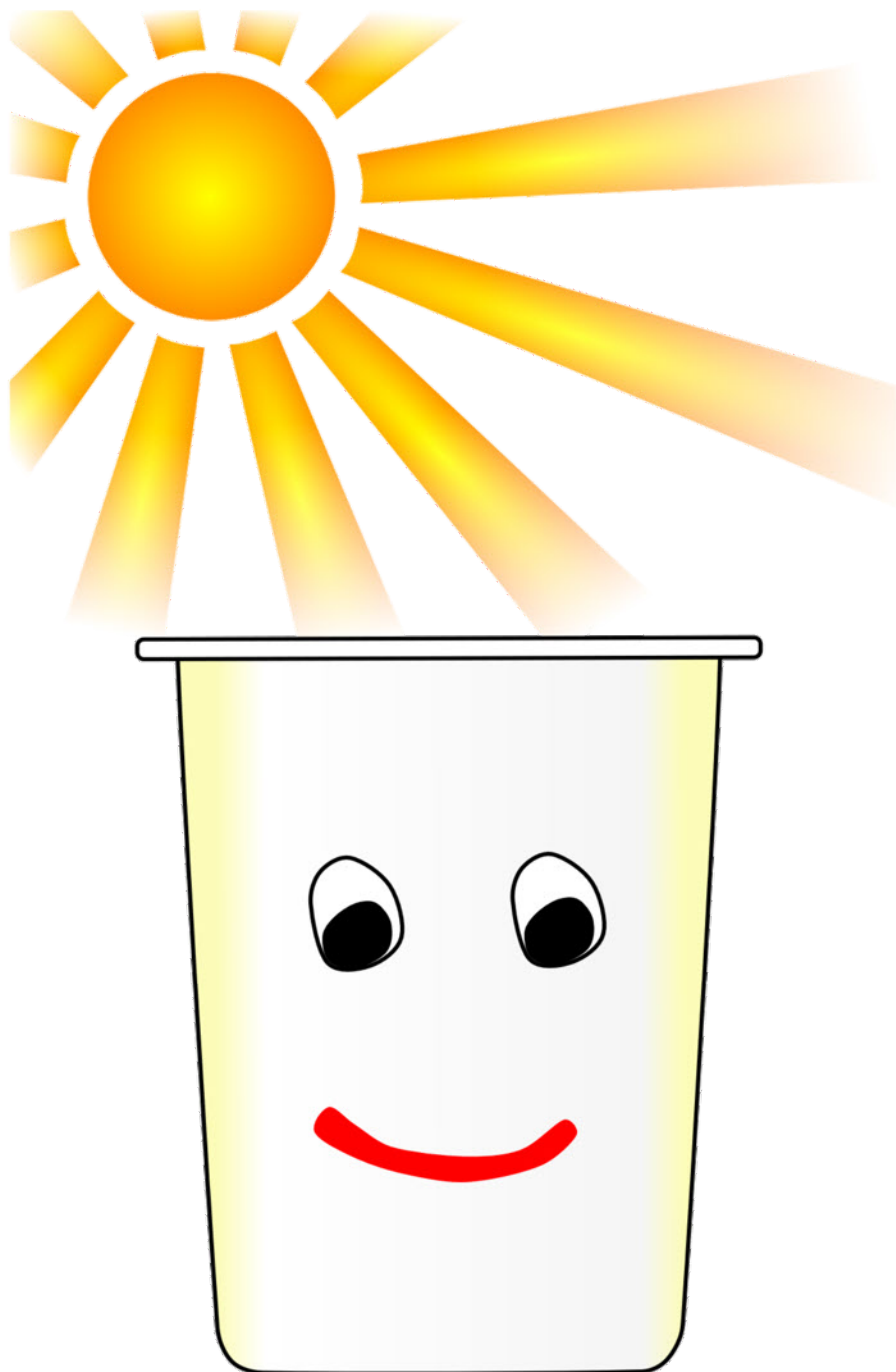
3 Slightly dampen some more cotton wool and add on top. Leave some space at the top of the pot.



4 Sprinkle some cress seeds onto the cotton wool.



5 Put the pot somewhere that is warm and light, such as a windowsill.



6 After about a week the cress hair should grow!

