

## Cress Heads

### **You will need:**

Eggs- boiled & eaten so we have the shells

Cotton wool – to go inside shell

Cress seeds – can pick up anywhere

Coloured pens – for decoration

Something to stand them in – egg box or an egg cup

### **How to create the heads:**

Once you have eaten your eggs, clean shell out so there are no bits left inside.



Then decorate your egg.



And then fill the eggs with cotton wool about 1cm from the top.



Now it's time to add the seeds. Sprinkle some seeds onto the top of the cotton wool and spray some water over them. Don't soak them though.



Then place them on a window ledge or somewhere near a window for warmth and sunlight and wait.

Don't forget to water the seeds a small amount every couple of days.

After about 10 days you should have some cress hair growing. Once it's a full head of hair it's time to give your head a haircut.



Then enjoy in an egg and cress sandwich ☺