



# Tales from the Farmyard

## Activity 2 - Plant a Seed

### Plant a Seed

Growing a seed is a fun and simple way to teach young children about plant life cycles and the responsibility of caring for a living thing. Cress seeds are a particularly good choice of seed as they sprout within days and you can see full growth in 1-2 weeks - this means the children can see the cress growing quickly and can enjoy eating it too!

### What to do:

1. Place your kitchen roll or cotton wool on the bottom of a container/tray and soak it with water.
2. Get the children to each shake out some seeds onto the wet paper; you can gently make a desired shape with them (eg. the child's initial).
3. Place the containers somewhere bright, preferably a windowsill that the children can observe easily.
4. Make sure the kitchen roll/cotton wool is kept wet as the seeds won't grow if they are allowed to dry out (but be careful to not add too much water at once as they may get oversaturated).

### Some things you can talk about as you watch the seeds grow are:

- How the seeds all bend towards the light (if you turn the tray they will all bend back towards the source of sunlight).
- If the seeds are sown too thickly together they might not grow as evenly as they are competing for space and light.
- If we forget to look after the seeds and keep them watered they may not grow very strong or worse, might die. If they are overwatered they may drown, so a little every day is better than all or nothing.
- The children can describe the taste of the cress, the texture and the colour. They can also draw the cress.