



Activities at Home

Project: **'Terrific Transformations'**

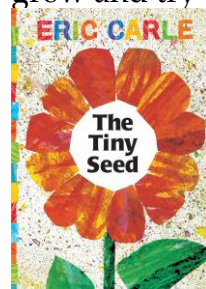
Dear Parents,

The activity for week: 8 beginning:

Is: Sensational seeds- Growing cress!

The activity we will be covering involves:

Learning how plants, fruits and vegetables grow. Decorating a yoghurt pot and the planting our own cress seeds to grow and try as part of snack time!



Our activity includes:

- Listening to the story 'The Tiny Seed'
- Exploring different sized seeds (sunflower seeds, bean seeds etc) and guessing what kind of plant they might grow into
- Learning how plants grow and what they need to grow and survive
- Learning how to plant and sow our own seeds
- Watching our own cress plant growing
- Trying the cress that we have grown ourselves

You might wish to help your child to explore this topic at home or when you are out and about. Please feel free to approach the teachers for further explanations.

Our suggested activities are:

- Grow some salad leaves at home
- Discuss where other food comes from
- Grow something 'quick' such as sprouting beans
- Read some other stories such as: Oliver's Vegetables by Alison Bartlett and How a Seed Grows by Helen Jordan