

# Individual Activity Lesson Plan

**Date:** Tuesday 21st April 2020

**Activity Title:** Cress Heads

**Learning Intention:**

- To develop an understanding of growth, decay and changes over time.

**Activity Overview:** Today we will be creating a growing science experiment, using cress which we will observe over time.

**Links to EYFS:** Understanding the World

**Resources:**

- A plastic cup/yoghurt pot/ glass jar
- A photograph of your child/ or a felt tip pen to draw a face
- Cotton wool
- Cress/lentil seeds
- Pritt stick or sellotape
- If you wish to do this activity with more members of the family you will need the above resources for each of the extra cress people you create.

**Key vocabulary:**

Seeds, grow, change, decay, plant, care, photograph, water, describe, small, big, tall.

## ACTIVITY IMPLEMENTATION (including key questions)

**Introduction:**

- Show your child all the resources and let them explore the seeds on offer.
- Encourage them to describe what happened when they grew beanstalks in the classroom.
- What did you do to help the beans to grow?
- What happened to the beanstalk?
- Do the seeds/beans look the same?
- What are differences between the seeds? What have you noticed about them?

**Main Activity:**

- Explain that today you will be making cress heads by growing and caring for cress/lentils for a few days.
- Explain to your child what you would like them to do by following these instructions:
- Encourage your child to attach their photograph onto the plastic cup/pot, or decorate it by making a face using a pen or with wiggly eyes and pom poms.
- Place some damp cotton wool at the base of the pot.
- Pour seeds on top. Cress and lentil seeds are fast growing but any seeds will do.
- Sprinkle water on top.
- Challenge your child to think about the process of helping the seed hair to grow.
- What do you think will happen?
- I wonder how tall and fast it will grow?
- How many sleeps do you think it will take?
- When do you think we should water the seeds and how often?
- We need to find a warm place for the seeds to grow where do you think we should put them?
- How should we use the cress/lentils once it has grown?

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- Water the seeds daily and make observations on any changes.
- Once it has grown to an inch and a half they may give it a haircut using scissors (lentils tend to grow taller)!
- Discuss the changes you see daily and make observations by perhaps taking pictures of the different stages.

### **Activity review:**

As this is a growing experiment you will need to care for it daily. Use this time to make observations of what is happening with your child.



### **Additional ways to support your child:**

Give your child lots of opportunities to express their thoughts on what will happen allow them the chance to guess and speculate on what is going to happen.

### **Extension:**

Once the cress has grown, extend upon the activity by using the cress in a cooking activity such as making sandwiches or a salad.