



Cress Caterpillars



- Lay down sheets of the newspaper or a mat on to a table to protect the surface
- Decorate your egg box caterpillar, how about eyes and feet?
- Fill the base with a small piece of cotton wool, then compost
- Sow a sprinkle of cress seeds in to each module
- Cover the seeds with compost
- Water and place on a windowsill or in a greenhouse
- Keep watering and harvest when ready.

You will need:

- Egg boxes – cut in to strips
- Cotton Wool
- Compost
- Cress seeds
- Pens
- Glue
- Wiggly eye stickers



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National Curriculum Links



Make a cress caterpillar to:

- MATHS:** Involve practical use of maths (counting and measuring)
- SCIENCE:** Show ways of re-using biodegradable materials
- SCIENCE:** Seeds and the life-cycle of plants
- LITERACY:** Use literacy skills to write down numbers and seed names
- PSHE:** Enhance PSHE – nurturing a new plant grown from seed, related to nurturing ourselves and others
- PSHE:** Teach working as team and as individuals

IDEA: Reuse other materials like egg shells and old plastic bottles to make Cress Heads or other animals.



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