

# Make your own eggy cress animal

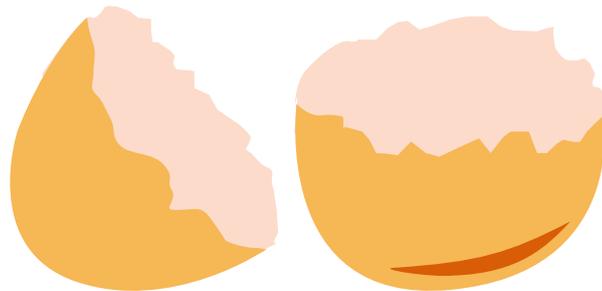
Making these eggy cress animals is an easy way to introduce the concept of growing plants from seeds. It can be done all year round and the cress will start to grow in just a few days.

## You will need:

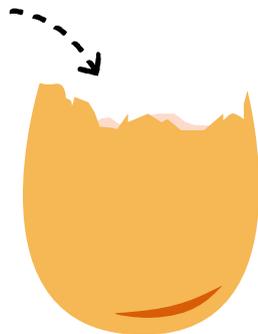
- Eggs
- Cress seeds
- Cotton wool balls or pads
- Art and craft materials of your choice

## What to do:

**1** Crack the top of each egg and empty out the contents (ideally use these in your cooking). Depending on the animals you want to make, you could crack into the side rather than the top of the egg.



**2** Remove a bit more of the shell to produce a hole big enough to fit a cotton wool ball inside.



**3** Design your animal(s). You can choose any animal you like. You could use paint, felt pens or stick things on.



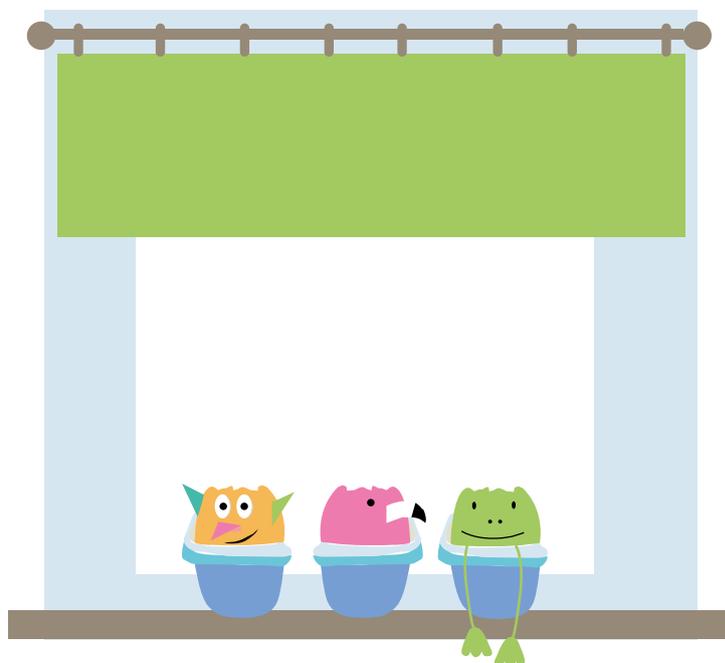
**4** Put your decorated egg shells in egg cups or stand them in an egg box. Take a cotton wool ball. Wet it and then squeeze out the excess water. Place it inside the egg shell. For larger egg shells you may need to use more than one.



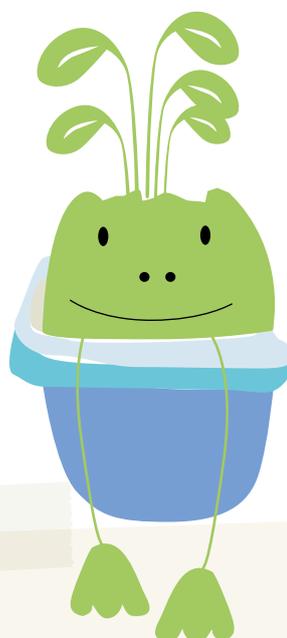
- 5** Sprinkle the cress seeds on top of the cotton wool and lightly push them down.



- 6** Put your eggy cress animals on a windowsill or anywhere indoors where they'll get plenty of light.



- 7** Add a few drops of water each day. Make sure the cotton wool never fully dries out but be careful not to overwater.



Now you can watch them grow. The cress should start to sprout within a couple of days and should be well grown within 7-14 days. The cress tastes great in sandwiches!

## Connecting with nature

- How did it feel growing something yourself?
- Growing your own food is a great way of helping the environment. It's good to cut down on food miles and you can't get much more local than your own garden or windowsill!
- Perhaps you could start to grow some of your own fruit and veg or even some wildflowers.

## Share the fun

We would love to see a photo of your eggy cress animals and would love to hear whether it inspired you to get growing.

Please feel free to share on [@wwtworldwide](#) or on your nearest **WWT centre's** social media