

Cumbria County Council

*Early Years Team*

**What can I do  
today?**



**This week it is... yoghurt pots**

## Tuesday

### Cress Heads!

- Save old yoghurt pots to make into cress heads. You could peel off the paper labels wrapped around them or wrap them in paper so you can draw faces on the pots.
- It would be a great opportunity to talk about feelings and emotions and facial expressions e.g. 'I'm going to make a happy/ sad/ grumpy/ silly face'.
- Fill the pot with a scrunched up piece of kitchen roll or cotton wool and dampen it a little.
- Sprinkle with cress seeds and wait for them to grow into cress head hair. Don't forget to sprinkle them with water.
- Whose hair grows the longest? Can you use scissors to give them a haircut?