



Parent Page



Cress Buddies

We are learning about responsibility. We planted seeds and are watching them grow.

Here are some things you can do at home:

- **You and your child can plant seeds and watch them grow.** Here are two ways:

SEEDS IN COTTON BALL

- Place a cotton ball in a plastic cup. A clear cup lets you see the plants growing.
- Moisten the cotton ball with warm water.
- Sprinkle watercress or quick growing seeds (such as grass seed) on the cotton ball.
- Keep the cup in a warm place. Make sure it is not directly in the sun.
- Check the seeds each day. Keep the cotton ball moist.
- Watch for roots to grow.



Watch for seedlings to sprout. Measure the seedlings every day. See how fast they grow! If you wish, you can move the seedlings to a cup with soil.

SEEDS IN SOIL

- Line a clear plastic cup with a piece of paper towel.
 - Place soil inside the paper towel ring. You only want to see the paper towel through the cup.
 - Now, place bean or corn seeds between the side of the cup and the paper towel.
 - Water the soil- just enough to make it moist. Keep the cup out of direct sunlight.
 - You will be able to watch the seed swell. You will see the roots grow. You will see the seedling sprout! Be sure to keep the soil moist.
- **Plan and plant a garden with your child.** Look through books or visit a nursery to look at plants. Decide if you want to grow flowers, herbs, or vegetables. Make a plan for a garden. You can have a few plants in pots or a larger spot in a yard or community garden. Enjoy taking care of your garden together!
 - When you are growing plants, use the chart on the back of this page to keep track of responsibilities. Make sure you or your child is responsible for taking care of the plants. Check each responsibility each day.

Plant Growth Chart

Make a check in each box every day to show you are taking responsibility for the seeds!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Does plant need water?</p> 							
<p>Is there enough sunlight?</p> 							
<p>How tall is the plant?</p> 