



Parent sheet 2

At npower, we feel it's important to bring the learning of energy to life and that's why we have created npower Climate Cops Green Fingers – a teaching resource for 4 - 7 year-olds that uses gardening to help younger minds understand the power of the Earth's natural energy. To help support your child's learning, why not try this activity at home? Together you will be able to see nature's energy in action and learn about natural and renewable energy whilst having fun.

Hair raising cress heads!

Did you know that cress is the common name for various herbs belonging to the mustard family? Even more interestingly, did you know that you can grow your own cress in about a week and it will have a crisper, hotter taste than cress bought in the supermarket? Here's how.

You will need: Egg-shells in halves, cress seeds, cotton wool, paint, an empty egg carton or egg cups, silver foil, scissors and glue.

Instructions:

- 1 First make sure the egg-shell halves are clean and dry
- 2 Now using the paint, draw different faces onto each of the eggs-shells
- 3 Wet the cotton wool with water, squeeze off the excess moisture and place inside the egg-shell heads
- 4 Open the cress seed packet carefully and scatter the seeds liberally on top of the cotton wool in each egg-shell head. Make sure that the seeds aren't sprinkled on too thickly - just a nice covering
- 5 Place your cress heads in an empty egg carton or in an egg cup to grow. It should take about a week for your cress to be ready to eat
- 6 Check the cress heads from time-to-time to ensure the cotton wool is still moist. If more water is needed, spray a little onto the cotton wool

Additional activity

As an extra activity, why not create a cress heads hairdressing salon where you can cut the cress hair in style? It's really simple to create one and you can be as imaginative in your design as you like. Don't forget to gather up all the cress once it's been cut so you can use it in sandwiches or salads.

- 1 Take a clean, empty egg box
- 2 Paint the outside of the box the desired colour. You may even wish to add a salon name onto the top of the egg box
- 3 Next, create your salon décor: what colour would you like the egg box chairs? Will you create mirrors (with the silver foil on the inside of the box lid) so your cress heads can see their haircuts?
- 4 When the paint is dry you are ready for your first cress head customer!

For further inspiration, check out former Blue Peter presenter, Zoë Salmon's video guide to creating your own hair raising cress salon at www.npower.com/greenfingers