

Emotional Egg-heads

This fun activity is an easy way to get children growing at the same time as providing a daily prompt to consider their emotions. It could also lead to an activity to encourage trying new foods.



What you need

- Egg shells - tops and contents removed, 2 per child with a few spares in case of breakage!
- Egg carton
- Bowls of water
- Cotton wool balls
- Cress seeds
- Water-resistant felt tip pens

Method

1. Give each child two egg shells and four to six cotton wool balls
2. Place one or two cotton wool balls inside each egg shell. Soak the remaining cotton wool balls in water and then place on top of the others in the shell
3. Ask children to carefully draw faces on shells to express different emotions
4. Sprinkle several cress seeds on the top of each damp cotton wool ball.
5. Leave on a sunny windowsill. Keep moist by dripping a few drops of water as required and watch the cress sprout over a few days.