

**Time to get growing. First of all get a grown up to help. Then see what you can find to make your garden. Here's just a few ideas. For more great ideas to keep busy go to <https://www.amey.co.uk/education/>**

### **HAIRY HEAD POTS:**

There are a couple of ways you can do this so see what supplies you have at home and make your own head.

**Grassy Head...**You will need

- Old tights/ stockings
- Some compost or earth
- Grass seeds
- Rubber band or thread
- for decorating – googly eyes, felt
- A pot for your grass head to sit in!



1. Cut one leg off your tights - make sure the length you have is the whole length of the leg to use.

2. Get someone to hold the end open. Fill the toe end of the tights with about 3 big tablespoons of grass seed. Then add your earth or compost until you have enough to make a nice sized ball. Tie the bottom of the tights into a knot to hold the soil in place and squidge the shape until is how you like it and is able to sit on your pot.

3. Pinch a “nose”, twist it and wrap and tie in place with cotton or a rubber band. This might be quite fiddly but take your time and you will manage it. See the pictures above.

4. Glue on your eyes and mouth with PVA.

5. Put the head on your pot. Stand your pot on a saucer, or something that won't mind getting wet. Sometimes wet pots or scratchy pots make marks on windowsills, so double check it won't cause any damage.

6. Add water and the tights will soak the water up into the earth. If you want to speed it up, you can give the head a quick shower under the tap to moisten the earth the first time round. After that take care not make it too wet. Place in a sunny spot! Check it every day to make sure your head does not dry out. Grass needs water to grow.



**CRESSY HEAD** - this is hair you can eat!

You will need

1. Egg shells or paper/plastic cups
2. Earth or compost
3. Cress or mustard seed
4. Pencils, pens, felt - to decorate or make a face on your pot or egg-shell.



**First** - decorate your pot or eggshell - make a face

**Second** - fill your pot with earth or compost.

**Third** - add water until your soil is damp.

**Fourth** - sprinkle the seeds on top of the soil.

**Fifth** - put your pot or eggshells somewhere bright but not too sunny, and check every day to make sure the soil does not dry out. Watch the seeds grow and you have edible hairy heads!



**Carrot tops...**you can use any type of plate and several layers of newspaper for sprouting carrot tops. Lay the newspaper on the bottom of the plate and soak the newspaper well. There should be no standing water. Set your pieces of carrot tops (about 2.5 cm long) on the papers, and in a few days, you'll see the roots spread. Keep the paper wet. Once the new plants have rooted well, you can plant them in soil. The new plants should show growth pretty quickly - this won't grow a new carrot, but you will get green fronds and maybe some small white flowers!



Read more at Gardening Know How: Grow Carrots From Carrots – Sprouting Carrot Tops With Kids <https://www.gardeningknowhow.com/special/children/grow-carrot-tops.htm>

**DID YOU KNOW IT'S SAFE TO EAT:**  
Peonies, pansies, nasturtiums, dandelions, daylilies, squash flowers, elderflowers, carnations, violets, marigolds, and sunflowers?

**DO NOT EAT:**  
Wisteria, holly, bird of paradise, hydrangea, oleander, poinsettia or philodendron.

**Always check with a grown up first**



## WATCH A BEAN GROW

### You will need

- An empty, clean jam jar
- Sheets of paper towel
- Bean seeds, or popcorn kernels

Fold the paper towel so it is the same height as the jar and then put it so it stands up inside the jar. Scrunch up more sheets into loose balls and pop those inside your cylinder of paper towel. This will hold the first paper towel up.

Place one or two bean seeds, or your uncooked popcorn kernel in the jar between the jar and the first paper towel so you can see the seed.

Add water so all the paper is damp. Stand on a window sill. Check every day to make sure the paper doesn't dry out and watch the beans grow roots and leaves!



## Give children their own area of the garden

Let children choose what to grow and make them responsible their own area, with your supervision. Blue Peter's gardening presenter Lee Connelly, aka The Skinny Jean Gardener, recommends making a 'washing up bowl allotment' which is exactly what it sounds like - an old washing up bowl filled with soil, and a few holes drilled or punctured for drainage. Lee recommends children should grow three plants in one bowl and they're suitable for the garden or a sunny balcony:

"It's just a really simple little allotment that they can grow in and every morning check to see if it needs watering. If they've got their own area they care about it a lot more," he said.



## MAKE YOUR OWN MILK BOTTLE WATERING CAN

Great for recycling and helping to get the plants watered as well. You can make these using any size of plastic milk bottle you like – although the 1 pint bottles work best for younger children as they're not as heavy to hold.

### WHAT YOU NEED TO MAKE A MILK BOTTLE WATERING CAN

- empty, clean plastic milk bottle with a screw on lid.
- stickers if you're decorating – older children might prefer to use washi tape
- sharp skewer/pen knife (for grown up use!)
- water

### HOW TO MAKE THE MILK BOTTLE WATERING CAN

- Give the bottle a wash and remove the label.
- Decorate the bottle with stickers. It's best if you use the plastic stickers rather than paper then they stay waterproof.
- Make tiny water holes in the milk bottle lid with a pen knife or skewer.
- Fill with water.
- Off into the garden, balcony or window sill to water everything in the world!

