

GROW something!

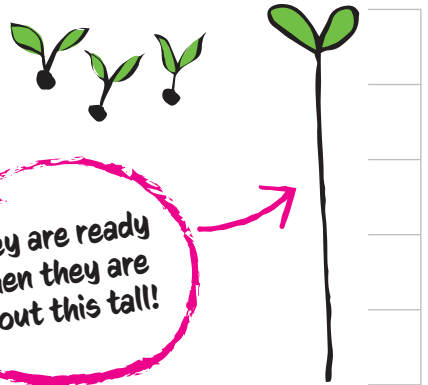
5 Now put the saucer in a warm, light place.



6 Keep checking them and top up with water to keep the tissue damp.



In a few days your seeds will begin to grow.



They are ready when they are about this tall!

You can cut them and eat them!
With egg in a sandwich
Sprinkled over a salad
Whatever you like best!

Keep growing more seeds

Have fun!

1 Lay a tissue in the bottom of a saucer.



2 Wet the tissue with a little water. Not too much – just enough to wet it!



3 Sprinkle some cress seeds onto the tissue.



4 You can even sprinkle them in a shape OR your initials!



artsdrop.co.uk
1NADEYPMSC1

Activity created with

Coetir
Anian



cambrianwildwood.org

Tyfu rhywbeth!

5 Nawr rho'r soser mewn lle cynnes, golau.



6 Cadwa olwg arnyn nhw ac ychwanega ddŵr i gadw'r hances yn llaith.



Mewn ychydig ddyddiau bydd dy hadau'n dechrau tyfu.



Maen nhw'n barod pan fyddan nhw tua'r taldra yma!



1 Rho hances bapur ar waelod soser.



2 Gwlycha'r hances gydag ychydig o ddŵr. Dim gormod - digon i'w wlychu!



3 Gwasgara hadau berwr ar yr hances.



4 Gallu di eu gwasgaru mewn siâp NEU lythrennau cyntaf dy enw!



Gallu di dorri nhw a'u bwyta!
Gydag wŷ mewn brechdan
Wedi gwasgaru dros salad
Beth bynnag rwyf ti'n hoffi orau!

Cadwa i dyfu
mwy o hadau

joia!



artsdrop.co.uk
1NADEYPMSC1

Gweithgaredd
wedi'i greu gan

Coetir
Anian

Cambrian
Wildwood

cambrianwildwood.org