

# Science Week 1: Get Growing!

Our first week's science activities are all about growing! I have suggested some different fun activities for you to choose with your family which will help you to learn about how seeds germinate and to help you think about what plants need for growth. In addition to my suggested activities below, if you haven't already germinated some flower or vegetable seeds at home, do give it a go!

## 1. Grass heads

If you use grass seed to do this, rather than the more traditional cress, you will be able to grow and create some impressive grass hairstyles! The instructions for how to create your grasshead are found here: [how to create a grasshead](#). As a minimum you will need a pair of old tights, some potting compost and grass seed. You could make a few different grassheads and explore whether you have to use potting compost, or whether the seeds will germinate using different media (e.g. cotton wool, sand).

## 2. Growing carrot tops

Whilst you won't be able to grow new carrots, this is a fun way to grow a plant for free and gain a better appreciation of what a carrot actually is. The instructions are found here: [how to grow a carrot top](#). You could try setting up the experiment in different conditions (e.g. dark, light, warm, cold, indoors & outdoors) to see which conditions are best for the carrot top to grow. If you feel enthusiastic about growing from scraps, check out this website: [how to regrow food from scraps](#)

## 3. Growing a bean plant in a jar

This activity is a fabulous way to observe the process of germination, which normally takes place under soil. The instructions are found here: [how to grow a bean plant in a jar](#). You can keep a 'bean diary', using labelled diagrams and/or words, to record how the seed changes as it germinates and begins to grow as a plant. You will be able to plant your bean into soil to carry on growing once you have finished observing it.

