



Watch Video

## Plants Need Water And Light Activity for Kids

### Grow Plants in a Jar DIY

 Duration: **30-45 min**

 Difficulty: **Medium**

 Cost: **\$0 to \$5**

Plant your very own seed and watch them grow!

### Material List

- 1 Pack of cress seeds a fast-growing, edible herb
- 1 Small jar or cup
- 1 Pack of cotton balls
- 1 Spray bottle with water
- 1 Pack of markers, googly eyes, etc

### Instructions

- 1 Decorate your jar/cup.
- 2 Fill the jar/cup to the top with cotton balls.
- 3 Carefully sprinkle seeds on top of the cotton balls.
- 4 Lightly spray their seeds with water from the spray bottle.
- 5 Place their seed jar/cup in a sunny location that is not too hot.
- 6 Give your seeds three sprays of water each day.
- 7 Observe over a week to watch the seeds grow!

### How It Works

All plants need water and light to grow. Cress seeds came from a cress plants and when we added water and light, they grew into new plants. Most plants grow best in soil where their roots can get additional nutrients from the ground, but as you can see in this DIY, many plants can grow without soil. We grew cress seeds because they are easy to grow and they grow fast.