

# Sowing Seeds

## What you need:

- A yoghurt pot
- A sticky label/paper and tape
- Felt tips
- Cress seeds
- Kitchen roll
- Cotton wool
- Water



## Instructions

1. Get the kids to colour in the labels to say “God’s word is like a seed” and stick the label to the outside of the pot
2. Wet some kitchen roll and put it in the bottom of the pot.
3. Put the cotton wool in next and dribble a bit of water over it- so it is damp but not soaked through
4. Sprinkle some seeds on the cotton wool
5. Place the cress seeds on a windowsill, they might need to be watered a little during the week.



## Discuss:

- What will help your seeds to grow?
- How is God’s word like a seed?
- What helps God’s word to “grow” in us?