

PLANT WATER GROW

Your residents will see the importance of hydration for themselves with this fun, engaging activity. Watercress seeds can be planted indoors all year round - but, like humans, they need water to thrive!



1 PLANT

Plant your seeds in the pots provided and as per the on-pack instructions.

2 WATER

Water them regularly to keep the soil moist.



3 GROW

Watch them grow and prosper!

