



EGGSHELL GRASS HEADS

A simple care of creation activity for children and their parents. Just as God helps seeds grow into plants, God nurtures all creation and helps us grow in faith, kindness, and love. "The earth is the Lord's, and everything in it." – Psalm 24:1

MATERIALS

- 1 empty eggshell (carefully cracked near the top)
- Grass seed (wheatgrass, ryegrass, or cat grass works well)
- Cotton wool, tissue paper, or potting mix
- Water
- Permanent markers, paint pens, or stickers
- Egg carton or small egg cup to hold the eggshell upright
- Small spoon

STEP 1: PREPARE THE EGGSHELL

Carefully crack the top third of an egg and empty the contents for cooking (you could use the egg yoke for our other resource; cooking veggie patties). Rinse the shell gently and allow it to dry. Parent help may be needed for this step.

STEP 2: DECORATE YOUR GRASS HEAD

Use markers, paint pens, or stickers to create a face on the eggshell. You might add eyes, nose, mouth, glasses, freckles etc. Leave the top open, the grass will become the hair!



STEP 3: ADD THE GROWING MEDIUM

Place a small amount of damp cotton wool, tissue paper, or potting mix inside the shell. Fill the shell almost to the top.

STEP 4: PLANT THE SEEDS

Sprinkle grass seeds generously on top. Gently press them into the cotton wool or soil. Add a few drops of water to keep everything moist.

STEP 5: STAND YOUR GRASS HEAD UPRIGHT

Place the eggshell in an egg carton or egg cup. Put it somewhere bright, but not in direct hot sunlight.

STEP 6: WATER AND WATCH

Check your grass head every day. Keep the seeds moist by adding a little water when needed. Within about 5–10 days, green shoots should begin to appear.

STEP 7: GIVE YOUR GRASS HEAD A HAIRCUT

When the grass grows tall, use child-safe scissors to trim the "hair." The grass will continue growing, so you can give it many haircuts!

CREATION CARE TIP

Once your grass head has finished growing, compost the grass and eggshell in your garden rather than throwing them away. Returning natural materials to the earth reminds us of God's cycle of life, growth, and renewal.