



Recovery Pathways Service

Why not try: **Planting Seeds**



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Planting seeds and growing plants can be good for your wellbeing.

It can help in the following ways:

- helps to relieve stress and anxiety
- is relaxing and helps you find a sense of peace
- helps to clarify and organise thoughts
- helps to free up the mind
- helps achieve calmness and mindfulness
- you can learn a new skill

It is not about creating a perfect garden or growing a perfect plant, but the calming process of handling soil and nurturing life, which can allow you to find clarity, space and a moment of relaxation.



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Making a plant pot



This is a great way to make pots using natural materials (paper). You can grow small plants in these pots on your windowsill. If you have an outside space, you can plant them directly into the soil, because the paper will break down over time and the roots will grow through into the soil.

Materials

- Newspaper
- Anything shaped like a cylinder – a tin can, plastic water bottle, a glass jar...
- A tray or small plastic container to hold your pots together

What to do!

1. Fold a piece of newspaper in half lengthways



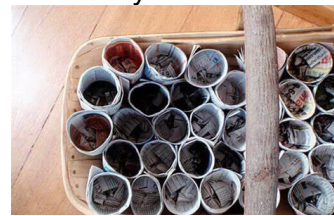
2. Place the round mould at the folded edge of the paper, and roll it up



3. Fold the loose edge over to form a closed base



4. Stand the pot upright in a tray with others for stability



Congratulations you have made your own newspaper plant pot

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Planting seeds



Did you know?!

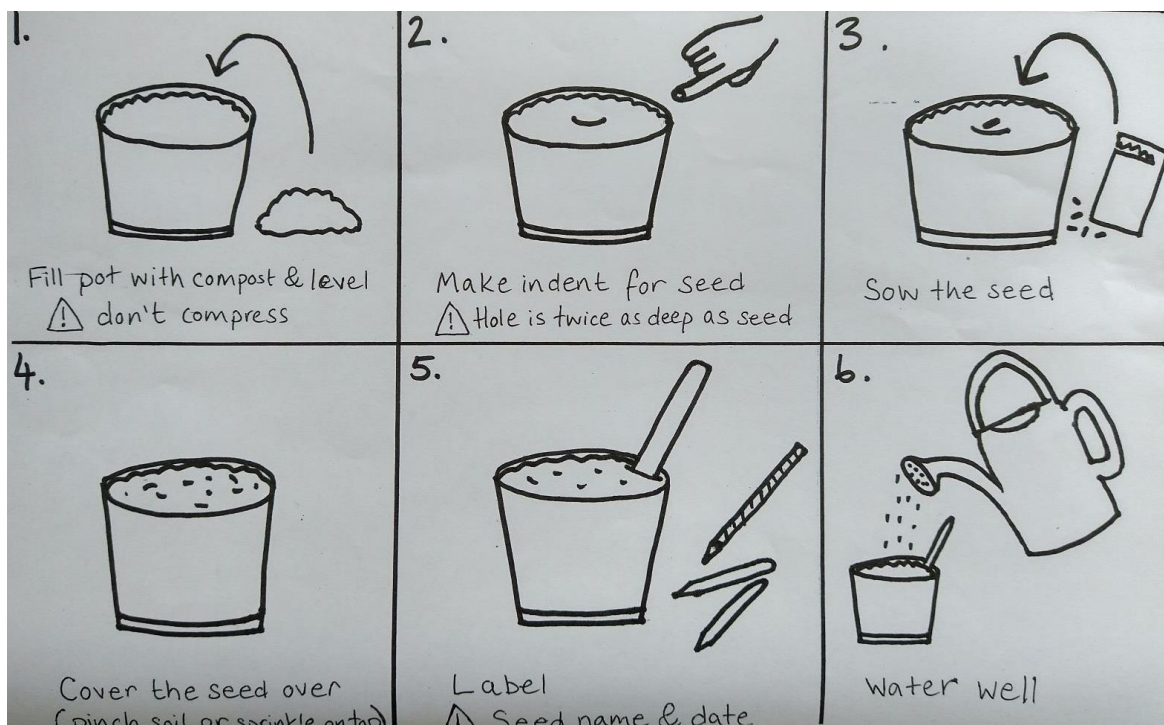
Soil contains millions of microbacteria. Some of these can be harmful, but others stimulate immune systems, and boost the production of serotonin (mood improving hormone). It is best to wear gloves when handling soil, but if you get some on your skin don't worry!



Materials

- Something to plant into. A seed tray, newspaper pot, or any container will do e.g. a milk bottle cut in half with some holes in the bottom for drainage.
- A tray or saucer. This is to collect any water that drains out.
- Compost. You can buy bags of compost from a supermarket. Alternatively, you can dig a small amount out from an outdoor area (ask permission if necessary).
- Seeds. You can buy these from a shop, online, or save seeds from your fruit/ veg at home!
- Label and pen/ pencil. You can buy plastic labels, or cut one from an old yoghurt pot.

What to do!



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Looking after seedlings



Watching seedlings grow is a lovely activity to practice observation. **Taking notice** is one of the 5 Ways to Wellbeing, because it can help us to feel more connected.

Materials

Absolutely no equipment needed, just

- Water
- Space
- Time and patience

What to do!

1. Location - a sunny windowsill is ideal.

When they have grown leaves, seedlings need warmth, water, air, and **lots of sunlight**.

2. Watering

Keep the soil moist.
Water every 2 days, or more in hot weather.

3. Rotate your pots

You will notice that the seedlings start bending towards the light. Rotate them daily to keep them growing straight upright.

4. Stroke your seedlings
Show them some love!

This simulates the outside environment, encouraging them to grow strong and resilient.

5. Watch out for the first 'true leaves'.

This is the 3rd leaf that appears, and is a different shape to the first two 'primary' leaves. When you have 3 true leaves, your plant is ready to plant out or move into a bigger pot.

Congratulations you are growing your own plants

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Recovery Pathways

We really hope you have enjoyed the Green Wellbeing activities in this resource.

Please check out www.start2.co.uk for more creative wellbeing projects you could try.



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