

GROWING FOR WELLBEING RESOURCE PACK



**Fun Gardening
Activities for
All Ages**



WELCOME!

Thank you for requesting the Growing for Wellbeing resource pack. Inside there are activities for all ages, so I hope you find something suitable for you and those you support.

Learning to grow your own super tasty vegetables isn't only good for your general knowledge and social awareness. It can have incredible benefits on mental and physical health too.

Approximately 1 in 8 children have a diagnosable mental health condition by the age of 14, which leads 1 in 4 adults in the UK experiencing mental ill health each year.

This pack has been written to not only make gardening fun, but also introduce you to the 5 ways to wellbeing:

Connect – Get to know new people, talk to others and connect with nature

Be Active – Get outdoors and moving around

Take Notice – Give time to just be still and watch nature grow

Learn – Acquire new skills, confidence and ownership

Give – Share time and plants with friends/family

All the activities have been designed to build confidence, an appreciation for patience, a sense of responsibility, plus an insight into how the power of caring for plants applies to individuals. I hope they provide fun, inspiration and ultimately an improved sense of wellbeing.

I think that we are actually very similar to a plant; we all start very small, needing water, food, love and nurturing throughout our lives in order to truly thrive.

In the sowing tasks, give those taking part a variety of seeds and freedom to choose their own, this provides them with control and responsibility which is key for many and their mental wellbeing. Be patient and allow time, just to be outside, getting their hands moving and thinking their creations through.

If any of the seeds in the activities don't germinate and bring sadness, use this experience to teach resilience and that not everything will always go to plan. Breathe, evaluate and try again.

Lastly, I would love you to take photos where you have parental permissions and share these on your social media accounts, using the hashtag #GYOforWellbeing. Tag in the National Growing for Wellbeing Week on [Facebook](#), [Twitter](#) and [Instagram](#), plus the Life at No.27 organisation on [Twitter](#), [Facebook](#) and [Instagram](#).

Thank you,
Annabelle



Life at No.27

The National Growing for Wellbeing Week, is part of Life at No.27, a gardening and wellbeing therapy organisation.

The Life at No.27 mission is to connect with, believe in and empower people; transforming lives through the power of gardening and growing our own produce.

We aim to empower people through a variety of practical, outdoor and creative activities that not only teach valuable and transferable skills, but that also have a meaningful and therapeutic value. We foster relationships based on compassion and understand any behaviour is a form of communication of difficult thoughts and feelings.

Through this we can begin to help a person have a deeper insight of themselves, which will develop and encourage emotional and social growth, whilst increasing self-awareness.

We deliver adult and school-based programmes within Oxfordshire and surrounding counties, both short and long term for individuals or small groups. The adult programmes are a bespoke allotment-based support network to help change lives, accessible through self-referral, GP's, psychiatrists and local councils.

Both the adult and school-based programmes are for those individuals struggling with mental ill health, low confidence and self-esteem. We can also deliver National Curriculum based programmes for all students.

Find out more about Life at No.27 on the website www.lifeatno27.com.

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CRESS CATERPILLARS National Curriculum Links

Make a cress caterpillar to:

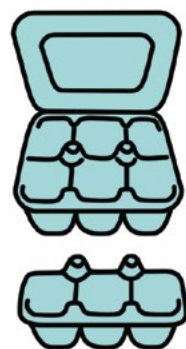
- **MATHS:** Involve practical use of maths (counting and measuring)
- **SCIENCE:** Show ways of re-using biodegradable materials
- **SCIENCE:** Seeds and the life-cycle of plants
- **LITERACY:** Reading and following instructions
- **PSHE:** Enhance PSHE – nurturing a new plant grown from seed, related to nurturing ourselves and others
- **PSHE:** Teach working as team and as individuals

IDEA: Reuse other materials like egg shells and old plastic bottles to make cress heads or other animals.



CRESS CATERPILLARS

You will need:



Egg boxes –
cut into strips



Cotton
wool



Compost



Cress seed



Pens



Glue



Wiggly eye
stickers

- Lay down sheets of the newspaper or a mat on to a table to protect the surface.
- Decorate your egg box caterpillar, how about eyes and feet?
- Fill the base with a small piece of cotton wool, then compost.
- Sow a sprinkle of cress seeds in to each module.
- Cover the seeds with compost.
- Water and place on a windowsill or in a greenhouse.
- Keep watering and harvest when ready.



SEED TAPES: National Curriculum Links

Make seed tapes to:

- **MATHS:** Involve practical use of maths (counting and measuring)
- **SCIENCE:** Show ways of re-using biodegradable materials
- **SCIENCE:** Seeds and the life-cycle of plants
- **LITERACY:** Use literacy skills to read the seed packet and write the name and seed variety
- **PSHE:** Enhance PSHE – nurturing a new plant grown from seed, related to nurturing ourselves and others
- **PSHE:** Teach working as team and as individuals
- **ART:** Teach creativity

IDEA: Finished tapes could be sold as part of an enterprise project.

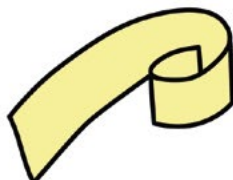


SEED TAPES

You will need:



Plate with seeds



Strips of cheap paper around 2cm wide.



Flour and water glue



Ruler



Pencil

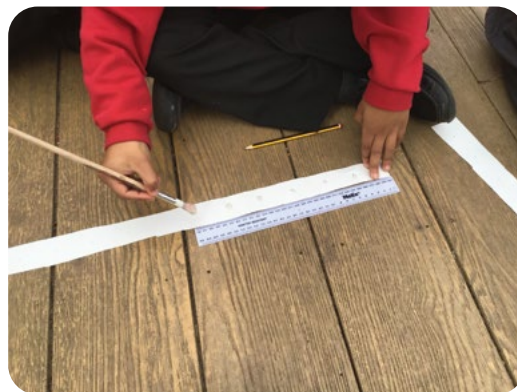


Paintbrush



Used or purpose made envelopes

- Cut the 2cm wide strips of paper to your required length.
- Fold the strips in half length ways.
- Using a ruler and pencil, mark along the strip, spacing the marks at the distance required for the type of seed (instructions will be on the seed packet).
- Using a brush, place a dab of the flour and water glue on each pencil mark.
- Pick up one seed at a time off the plate using a damp brush and ease it onto the dab of glue.
- Fold over the other half of the paper strip to encase the seeds. Leave to dry.
- Use an envelope to store the folded or rolled up tape, not forgetting to personalise it with your name and the seed type.
- When it's sowing time, seed tapes can be placed on prepared soil, watered in and covered with more soil.
- Label and water regularly.



BUG HOTEL National Curriculum Links

Make a bug hotel to:

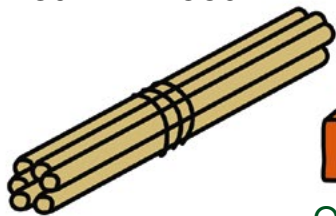
- **MATHS:** Involve practical use of maths – counting items and measuring the area you have available for the bug hotel
- **SCIENCE:** Provide an opportunity to explore an outside space, looking for the different materials
- **SCIENCE:** Encourage an understanding of the life-cycle and habitat requirements of mini-beasts
- **LITERACY:** Read stories involving the life-cycle and habitat requirements of mini-beasts
- **PSHE:** Encourage curiosity and observation
- **PSHE:** Teach working as team
- **PSHE:** Teach responsibility
- **ART:** Create a chance to handle different materials

IDEA: Take the pupils to visit the bug hotel throughout the year so they can observe the coming and goings of ladybirds, woodlice, bees and other mini creatures.

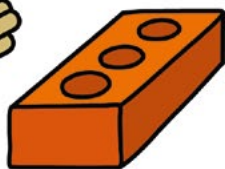


BUG HOTEL

You will need:



Bundle of canes



Old bricks



Broken pots



Roof tiles



Small stones



Pieces of log



Pine cones



Twigs



Dried leaves

- Choose a suitable level space in your garden, maybe in the shade near lots of wildlife loving flowers such as sunflowers, cosmos and verbenas.
- Create a strong stable layered structure using the bricks and wooden pallets; no more than a metre high. Or you can create a smaller structure with a wooden box or old tins/flowerpots.
- Now fill all the gaps with the other materials - providing different beds and tunnels for a wide range of wildlife.
- Use the roofing tiles or felt if you have any to provide a roof to your bug hotel. Cover these with more moss, leaves or bark to complete the natural look.
- Your bug hotel is now complete, but why not add a touch of personality by naming the hotel and adding a sign using paints and wood.



NATURE ART National Curriculum Links

- **ART:** Teach colours and how they go together
- **MATHS:** Involve practical use of maths – counting items
- **SCIENCE:** Involve naming the different plant parts and their functions
- **PSHE:** Teach working as team and as individuals



NATURE ART

Head to your garden, outside communal space or local paths and see what pieces of fallen nature you can find. Leaves, flowers, seed pods and bark are a few key things to look out for! Collect them up in a bag or basket, then head back indoors.

It's time to make your own piece of art! Grab some paper and glue, then see what picture you can make! Maybe try to create a giant flower or a nature scene? Or you can simply display them and name them. Don't have paper or glue, it doesn't matter! Just make your design straight on to a surface and take a photo. Use this page to either display your art or stick in a photo.



PEBBLE PLANT LABELS

National Curriculum Links

Make pebble plant labels to:

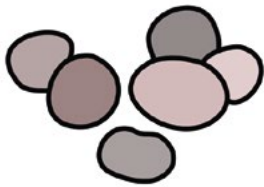
- **SCIENCE:** Show ways of re-using natural materials instead of plastic alternatives
- **LITERACY:** Use literacy skills to paint the vegetable names
- **PSHE:** Teach working as individuals
- **ART:** Teach colours
- **ART:** Teach creativity using paint and natural materials found outside

IDEA: Finished pebbles could be sold as part of a enterprise project.



PEBBLE PLANT LABELS

You will need:



Pebbles



Garden paints



Paintbrushes



A pot of water
(for washing
your brushes)



Newspaper

- Choose which vegetables you would like to grow this year.
- Lay down sheets of the newspaper or a mat on to a table to protect the surface from the paint.
- Choose the best colours to represent your wish list of vegetables.
- Start painting one side of the pebble.
- Leave to dry before placing outside as labels next to your seed rows and growing veg.



BUILD A BEAN DEN National Curriculum Links

Make a bean den to:

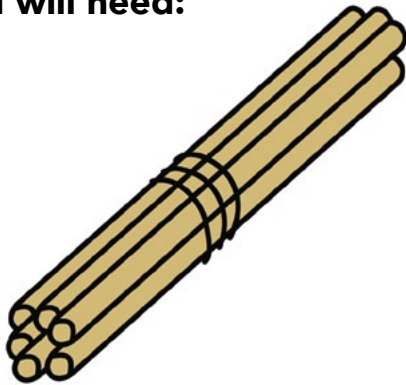
- **MATHS:** Involve practical use of maths (counting and measuring)
- **SCIENCE:** Show ways of reusing biodegradable materials
- **SCIENCE:** Seeds and the life cycle of plants
- **LITERACY:** Reading and following instructions
- **PSHE:** Enhance PSHE – nurturing a new plant grown from seed, related to ourselves and others
- **PSHE:** Teach working as team and individuals
- **ART:** Teach creativity building the den and using natural materials

IDEA: Create a few different sizes and grow other yummy delights, such as mini pumpkins, peas or sweet pea flowers.



BUILD A BEAN DEN

You will need:



10–12 bamboo or
willow canes

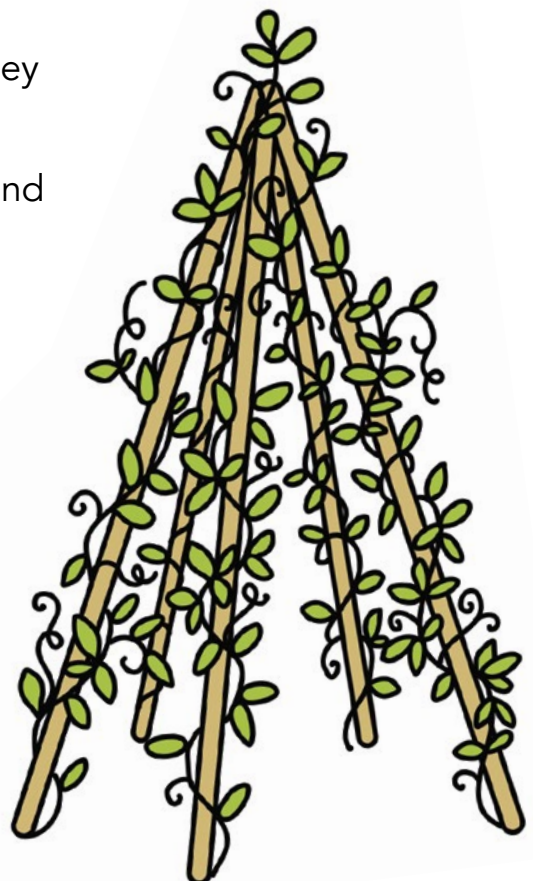


String or twine



Bean seeds

- Find a big, clear space of garden or land.
- Space the canes in a circle to be at least 24 inches apart, ensuring that they are tall enough for children to comfortably stand up inside.
- Push the canes at an angle into ground around the diameter of the bean teepee.
- Tie them together at the top where they meet with string or twine.
- At the base of each cane, dig a hole and sow 3 bean seeds.
- Water and feed regularly to grow lots of delicious beans and a fun den!



SEED BOMBS National Curriculum Links

Make seed bombs to:

- **MATHS:** Involve practical use of maths (counting and measuring)
- **SCIENCE:** Show seed dispersal in nature
- **SCIENCE:** Seeds and the life-cycle of plants
- **LITERACY:** Use literacy skills to keep a diary of the growth and understand the sequence of the activity
- **LITERACY:** Read stories involving seeds and plants
- **PSHE:** Enhance PSHE – nurturing a new plant grown from seed, nurturing ourselves and others
- **PSHE:** Teach working as team and as individuals
- **ART:** Teach creativity using clay

IDEA: If you have a garden or clear area, you could turn another session in to a competition to see who can throw the furthest or reach a target.



SEED BOMBS

You will need:



5 parts
compost



3 parts
powdered clay



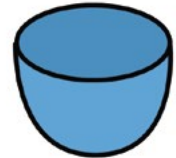
1 part
wildflower seed



Water



Rolling pin



Bowl

- Break up hard lumps of school craft clay into a powder using an old rolling pin or similar.
- Break lumps of compost and mix with powdered clay.
- Stir in wild flower mix or any other seeds of choice.
- Add water to make a mixture that will stick together – very sticky but fun!
- Make the mixture into balls (roughly golf ball size) and leave to dry for about a week.
- Once dry, the balls can be easily handled. These can now be thrown or placed in a garden area where they will self-germinate.



PAPER POTS National Curriculum Links

Make paper pots to:

- **MATHS:** Involve practical use of maths (counting and measuring)
- **SCIENCE:** Show ways of re-using biodegradable materials
- **SCIENCE:** Seeds and the life-cycle of plants
- **LITERACY:** Use literacy skills to read measurements and the seed packets
- **PSHE:** Enhance PSHE – nurturing a new plant grown from seed, related to nurturing ourselves and others
- **PSHE:** Teach working as team and as individuals
- **ART:** Teach creativity using paper

IDEA: Fill with compost and seeds, then sell for a enterprise project or ask them to look after them at home and record the progress. Perhaps encourage a sunflower growing competition.

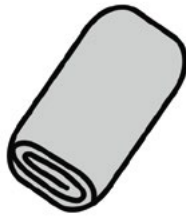


PAPER POTS

You will need:



Cardboard liner
from toilet or
kitchen roll



Newspaper



Scissors



Jam jar, yoghurt
pot or rolling pin.

Toilet & Kitchen Rolls

- Lay the tube down on a surface, press down to flatten it.
- Squeeze the two created folds together to flatten it again.
- Open it up and you should now have a square instead of cylinder.
- At one end of the tube, cut 1cm slits into the folds of each corner to create four tabs, one on each side.
- Fold each tab into the centre of the tube, overlapping them to create a base for your newly created pot.
- Fill with compost then sow your favourite seeds – perhaps French beans or sweet pea flowers.

Newspaper

- Take one page of newspaper and fold it in half lengthways.
- Wrap the folded newspaper around a suitably sized cylindrical object, e.g. yogurt pot, jam jar or rolling pin.
- Fold one end of the paper tube over to create a temporary base.
- Slide the newspaper off the object, then fill with compost and your seeds.



Essential Oil Properties

Lemon:	Fights Fevers Boosts Immune System Clears Respiratory Passages
Peppermint:	Eases Headache Pain Decreases Indigestion & Nausea Clears Respiratory Passages
Lavender:	Calming/Stress Relief Relieves Insomnia Decreases PMS symptoms
Cinnamon:	Reduces Nervousness Increases Circulation Relieves Joint Pain
Orange:	Antidepressant Decreases Inflammation/Pain
Eucalyptus:	Clears Respiratory Passages Eases Muscle/Joint Pain Kills Lice
Jasmine:	Relieves Muscle Spasms Reduces Scars Decreases PMS symptoms
Grapefruit:	Boosts Immune System Relieves Anxiety and Stress Stimulates Brain
Ylang Ylang:	Promotes Relaxation Lowers Blood Pressure Kills Bacteria
Tea tree:	Kills Bacteria and Lice Helps Treat Acne and Athlete's Foot Reduces Swelling and Inflammation



LIP AND BODY SCRUBS

Making natural beauty products full of medicinal properties are a brilliant way to get anyone, but especially teenage girls into gardening. It's a winner every time in my school programmes. What makes them even more appealing, is that many are edible too!

Simply pick your ingredients, mix them up in a bowl and pop your scrub into a clean, sealed container.

Basic minty lip scrub

- 6 tablespoons of sugar
- 1 - 2 tablespoons of coconut oil or organic olive oil
- A sprinkle of mint leaves. If you don't have mint to hand, you can use 1 – 3 drops of peppermint essential oil.

Lemon and Thyme body scrub

- 1 fresh lemon (squeezed)
- 1 -2 tablespoons of organic olive oil or almond oil
- 6 tablespoons of sea salt
- A sprinkle of thyme. If not a fan of thyme, dried lavender flowers or essential oil works really well too.

Before using your new beauty creation, it is always advised to test it out on a small area of skin at least 24 hours before use.



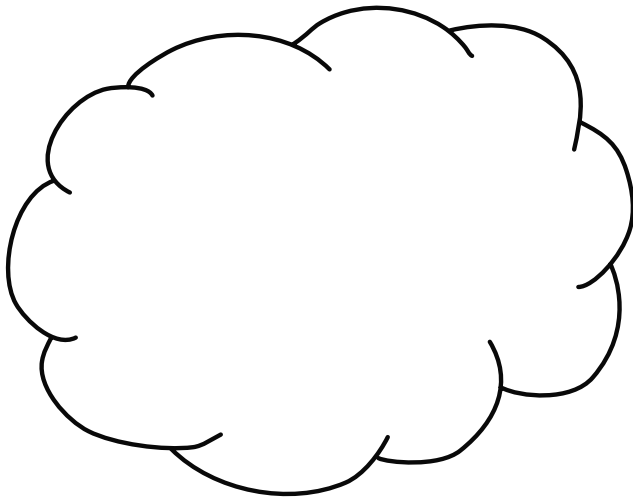
WELLBEING QUESTIONS

Notes for parents:

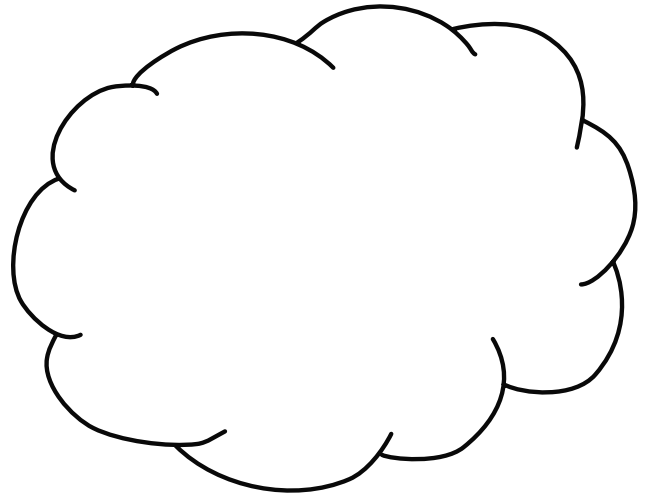
- Allow the child to fill this in by themselves or with your assistance just for reading and writing.
- There is no right or wrong answers, so try not to correct their thoughts.
- This exercise is simply a chance for them to think about themselves, start learning to be open and share feelings with you in a non-verbal way.
- You can ask why they may think their answers, but try not to quiz less positive answers.
- Be sure to praise any openness!
- As an extension, you can discuss what they think being a good friend means? What are the key values?



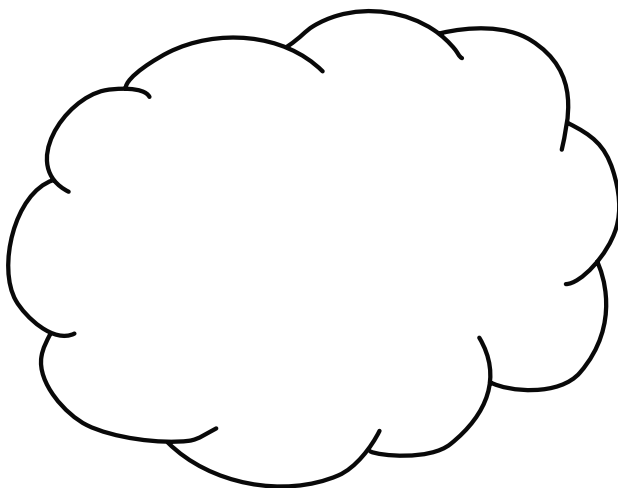
I am a good friend
because ...



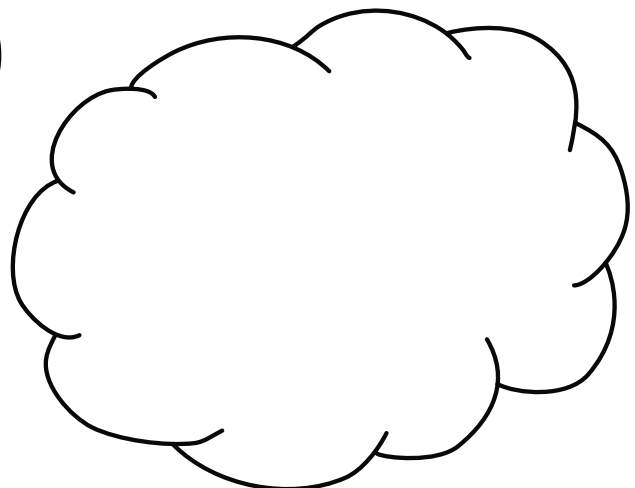
My favourite thing
to do is ...



My biggest
worry is ...



I am proud of myself
because ...



SCAVENGER HUNT National Curriculum Links

Go on a scavenger hunt to:

- **SCIENCE:** Provide an opportunity to explore an outside space, looking for different creatures and plants
- **SCIENCE:** Encourage an understanding of the life-cycle and habitat requirements of mini-beasts
- **MATHS:** Use math skills to count the points
- **PSHE:** Teach working as a team or as individuals

IDEA: Add a sit spot challenge into the hunt - see how long they can sit quietly for and how much more wildlife comes into the space when everyone is calm and still.



SCAVENGER HUNT

Head into the garden or out to your local outdoor space and go for a hunt! How many plants and wildlife can you find? You can get a point for each one on the list.



- 1 Bird
- 2 Grass
- 3 Log
- 4 Animal footprints
- 5 Butterfly
- 6 Water
- 7 Green leaves
- 8 Soil
- 9 Bee
- 10 Tree
- 11 Squirrel
- 12 Insect
- 13 Flower
- 14 Something red
- 15 Mushroom
- 16 Spider web
- 17 Dandelion
- 18 Twig
- 19 Something rough to touch
- 20 Feather

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A-Z CHALLENGE National Curriculum Links

Complete the A-Z challenge:

- **SCIENCE:** Talk and learn about different fruit and vegetables
- **LITERACY:** Use literacy skills to write answers and check spellings
- **PSHE:** Encourage curiosity and the ability to talk openly about emotions

This a great task for all ages, especially for mindfulness.

IDEA: You can change the topic to anything; such as animals, story characters and films.



A-Z: FRUITS AND VEGETABLES

Can you name a fruit or vegetable for every letter of the alphabet?

If you get stuck on a letter, can you name an emotion or feeling instead?

A

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

V

W

X

Y

Z



DESIGN YOUR DREAM GARDEN!

National Curriculum Links

- **SCIENCE:** Wildlife - Encourage thoughts around how their gardens could be wildlife friendly and why this is important.
- **SCIENCE:** Seeds and the life-cycle of plants
- **LITERACY:** Use literacy skills to read the questions and write down answers on the back or another piece of paper
- **PSHE:** Teach working as an individual
- **ART:** Teach creativity

IDEA: Take the designs to the next level and suggest that they make their design in small scale on a plate or directly on the ground using natural materials.

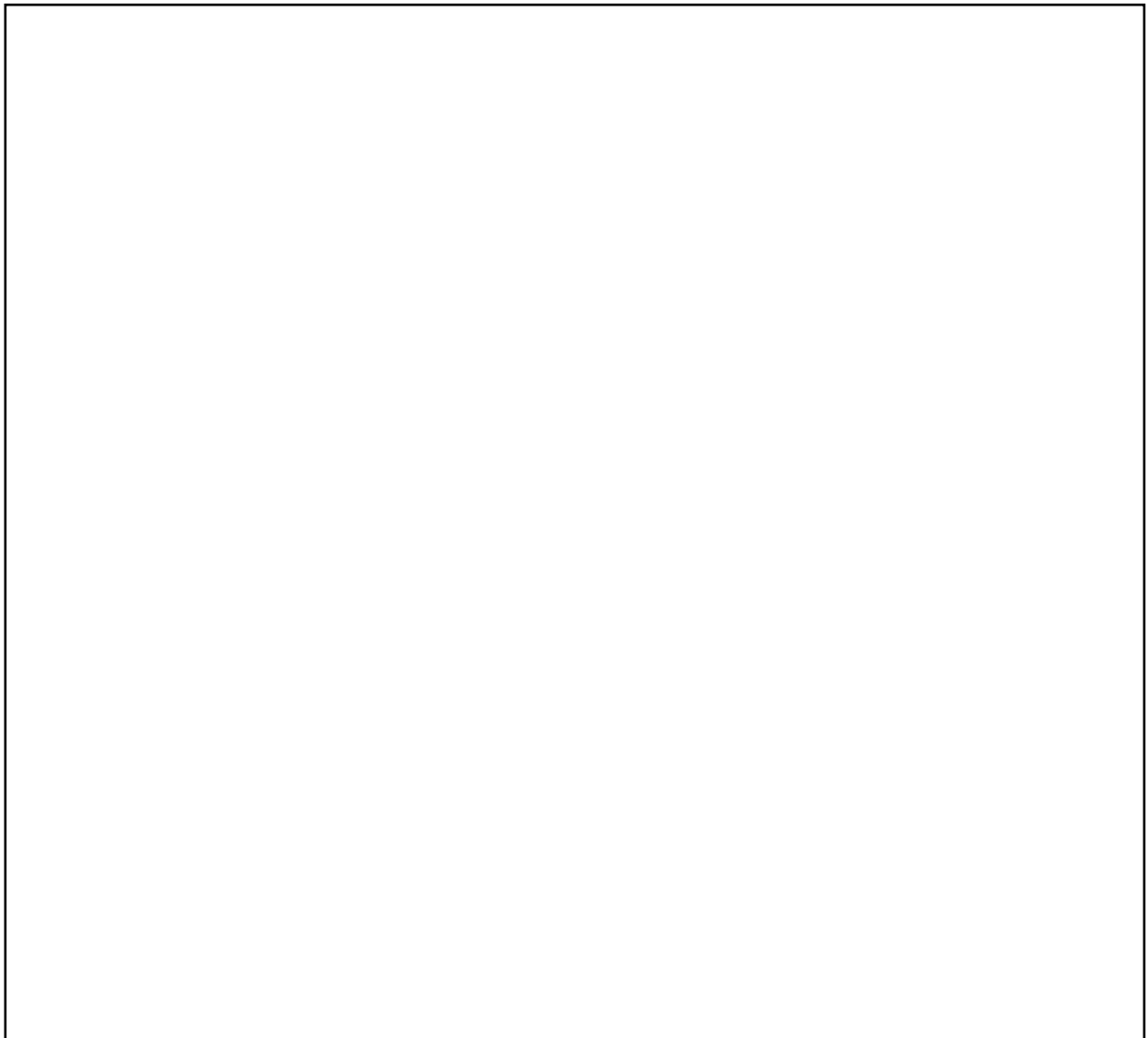


DESIGN YOUR DREAM GARDEN!

What would your dream garden look like?

What would you plant and grow?

What colours would you like in your garden?

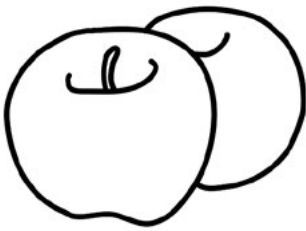


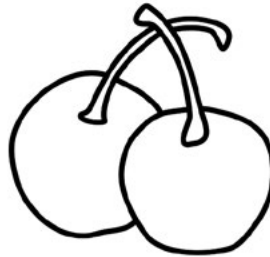
Would you have a pond, secret den, bug hotel, animals or a giant vegetable patch?



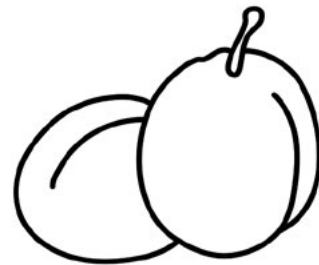
COLOUR ME IN! - FRUITS

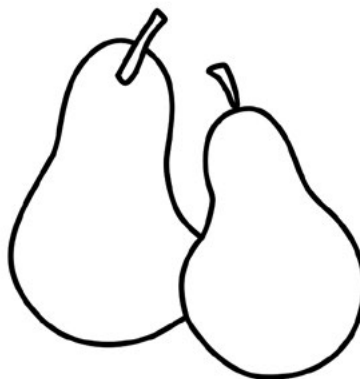
Can you name all of these fruits? Which ones grow on trees, and which ones grow on plants or bushes?













COLOUR ME IN! - VEGETABLES

Can you name all of these vegetables? Which ones have seeds inside?
Which ones grow above ground and which ones below?















HERBS WORDSEARCH

Can you find all of the herbs in the list on the right? One of them appears twice, can you find which one?

Y R U C A L C O G B A S I L N L A I B
R O S E M A R Y G H B A H J K L K K L
H R R Y U I J H M N B G E F R G X E F
C W M E C S I Y Q B M E P F M I H L E
H W K L G H Y I N D N I R A I J W Q N
I B Z V L A R Q H I X Z I O N L O F N
V S T K L N N O P L B T W U T H Y M E
E M A A I P W O V L H E P C Q C R A L
S K R K Q Y U X Q P A L A B R D I R N
B Z R E P K J M B V F T R Q I N U J P
Z H A R I S N D E R Y R S L J P W N X
S J G V X E O P T J B F L I K B C E R
P E O B C C O R I A N D E R X S W E G
M O N V N U C Q R E Y V Y V E W E Y I

- ☐ THYME
- ☐ BASIL
- ☐ ROSEMARY
- ☐ DILL
- ☐ OREGANO
- ☐ MINT
- ☐ CHIVES
- ☐ SAGE
- ☐ CORIANDER
- ☐ PARSLEY
- ☐ TARRAGON
- ☐ FENNEL

Can you name each of these herbs?











ABOUT ME

.....



A little bit about me, the creator of the pack and founder of Life at No.27:

In 2015, I started learning how to grow my own fruit and vegetables, with the hope that it might save me some money, but most importantly enable me to truly live my life instead of just going through the motions.

I had a lot of determination, but lacked confidence and self-esteem, alongside struggling with anxiety. As soon as those first seeds started germinating it seemed like magic, as well as hope for the future. I continued growing and haven't stopped since, both in terms of vegetables and personally. Without a doubt, growing my own

food changed my life and as soon as I was better, I wanted to do more to help others. So, I launched the organisation, designed the programmes and absolutely can say that I now live life to the fullest.

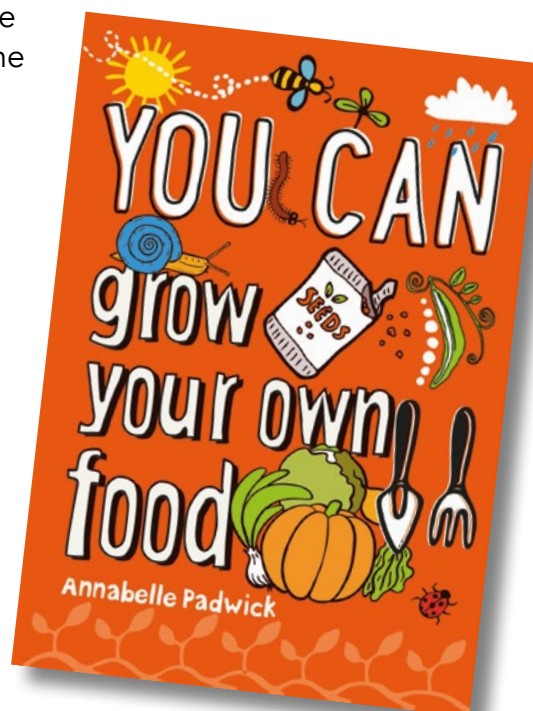
I am now a professional gardener, wellbeing therapist, children's author of 'YOU CAN grow your own food', feature writer and columnist for Kitchen Garden magazine, public speaker, and potato growing addict. Using my fresh approach to promote the magic of grow your own and positive wellbeing for all ages.

I am also a patient adviser, champion and faculty member of the National Association of Primary Care (NAPC) and NHS, plus an ambassador for Thrive, the UK National Charity which changes lives through gardening.

Getting outside and growing my own food is my daily hero and therapy, and I hope it brings a smile to you too.

You can find more activities and detailed guides about how to grow all your favourite vegetables in my children's book; *YOU CAN grow your own food*.

Order a copy online with Amazon, Waterstones and WHSmiths for £7.99, or head to your nearby bookshop.



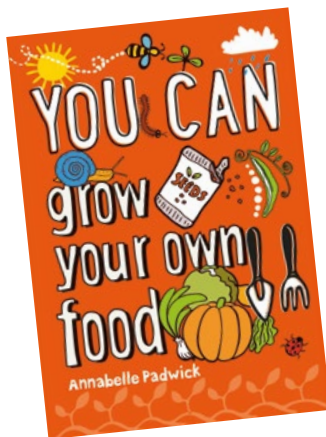
Thank you to the amazing team and sponsors of the
National Growing for Wellbeing Week!



Pioneering in ladder safety since 1994, Henchman provide
specialist ladders and platforms so you can work safely at
height without worry.



The resource pack for all ages who love being outside and getting creative. Packed full with fun activities to do at home, school, youth clubs, charities, residential care homes and anywhere else you want to take it. National Curriculum links for the activities are included for teachers and home educators.



You can try lots more activities and find out how to grow all your favourite vegetables in 'YOU CAN grow your food', out now in all major bookshops and online.