



SPRING 2020 GARDEN ACTIVITY AT HOME

The Spring 2020 Garden at home Project supports taking part in garden activity at home while day services are closed due to the Covid-19 Pandemic. A range of easy and short garden activities aim to facilitate, engagement, sensory activity, relaxation and enjoyment. People can be assisted to complete some or all of the activity with as little or as much support as they need. The goal is that each person engages to their potential. Eight seasonal garden activities have been selected to start the process of engaging in the outdoor space at home this Spring. Hopefully this will encourage more interest and tending of gardens as the season moves from spring to summer.

Why:

- ✓ choice to participate and choice of tasks
- ✓ sharing interest with families
- ✓ valued activity with valued outcome
- ✓ adult appropriate
- ✓ in parallel with others in local community, together but separate.



The SPRING 2020 GARDEN has been developed by:
Maria Kennedy, Occupational Therapy Department and Evert Verveen, Cintra
supported by: Speech and Language Therapy and Household Departments

EQUIPMENT AND MATERIALS FOR GARDEN ACTIVITIES:



Gardening equipment needed for the growing projects can often be found at home, or purchased from supermarkets or online garden shops. These include: Compost, bulbs, plants, seeds and pots (or recycled containers).

While some houses may have trowels, watering cans or gardening gloves, some items may need to be adapted for purpose. These could include adapting equipment for:

WATERING (water bottle with sprinkling top, tea pot, jug) managing flow of water is important, so it may be useful to frequently refill the container with a small amount of water at a time and use a container with a lid.

CLEAN UP after activity, brushes, cloths etc

PERSONAL PROTECTION for messy stuff: aprons, household gloves

DIGGING AND SCOOPING: trowel, old spoons or scoop for digging

TABLE COVERING for when using kitchen table.

BUCKETS, Bowls, trugs, trays, newspaper to work out of and on

PLASTIC BOWLS or recycled food trays to lay out seeds and bulbs for organising task, ease of visual and picking up



- ✓ Using your hands to handle compost offers great sensory feedback, but some people they may prefer to wear household gloves or use a trowel.
- ✓ While the tasks are described so they can be completed at the kitchen or garden table, use any opportunities to plant outside, into the ground, existing raised beds, large containers, window boxes, or troughs in your garden.
- ✓ Setting up the task and cleaning up afterwards should all form part of the activity. Wiping, sweeping, tidying can all be both engaging and enjoyable.
- ✓ Remember, the goal is to engage and enjoy, this might mean some mess or some growing projects may not grow so well..



Eight garden activities

1. plant a summer flower bulb (e.g.) Gladoli
2. plant tasty salad or vegetable plants
3. plant peas (or beans) in a pot
4. grow your own tomatoes
5. grow cress for your sandwich
6. grow pretty flower plants
7. enjoy the sensory garden
8. tend your garden

1. PLANT A GLADOLI OR OTHER SUMMER FLOWER BULB

You will need: 3 flower bulbs, compost and a large flower pot and a watering bottle or jug

THE STEPS:

1. fill the flower pot with compost
2. make a hole as big as a fist
3. put the bulb in with its hairy end down and pointing shoot up
4. cover the bulb with compost
5. water the bulb
6. stand the pot in a sunny place in the garden
7. check the pot every day and give it a little water.



2. PLANT A TASTY SALAD

You will need: salad or vegetable plants, pot, compost watering can or bottle, tray or newspaper to work on



THE STEPS:

1. put some compost in flower pot
2. pick up salad or vegetable plant, gently turn over on to hand and squeeze or tap black plastic container until plant falls out. Gently turn the plant up.
3. Put the salad plant into the pot.
4. Put more compost around the plant roots and pat down with your fingers.
5. Sprinkle on lots of watering
6. place on a sunny window
7. check the plant and give a little water every day
8. Salad should be ready to eat in a few weeks, some vegetables will take longer.

3. PLANT PEAS (or Beans) IN A POT

You will need: large pot, compost, pea seeds, watering can or other sprinkler, plastic dish or tray to pick peas from, sticks or twigs (to support the plants next month)



THE STEPS:

1. fill the pot with compost
2. make a hole in the compost with your finger
3. put a pea in the pot,
4. make 4 more holes in the compost and plant 4 more peas.
5. Cover the peas with more compost
6. sprinkle the pot with watering
7. put in a sunny place in the garden or house
8. check the plant and give a little water every day
9. when the plant grows long, it will need a stick to hold it up (after Easter)

4. GROW YOUR OWN TOMATOES

You will need: a tomato plant, Large flower pots, compost, watering can or bottle, tray or newspaper to work on. Stick to hold one of the plants up after a few weeks.

THE STEPS:

1. fill one large flower pot for each tomato plant with compost
2. make a hole in the compost, the hole should be as big as your fist
3. hold the tomato plant pot,
4. spread out your fingers over the tomato plant pot, on the compost
5. gently turn the pot over, squeeze or tap the pot until the plant comes outdoors
6. gently place the plant roots into the new flower pot
7. use your hands to fill compost around the plant
8. pat down the compost
9. water the plant well
10. put the pot in a sunny place
11. check the plant and give a little water every day,
12. some types of tomato plants will grow and will need a stick to hold it up (after a few weeks). Some of tomato plants will hang over the pot, they will not need a stick.





5. GROW CRESS IN TAKE AWAY TRAY:

WHAT YOU NEED: take away tray, kitchen paper, water sprinkler (e.g. water bottle, tea pot), cress seeds, scissors

THE STEPS:

1. Place 3 sheets of kitchen paper on black tray
2. Sprinkle water on paper
3. Open seed packet with scissors or by hand
4. Sprinkle seeds onto wet paper
5. Put on windowsill or sunny shelf
6. Check the cress and give a little water every day, the cress should start growing in two days and will be ready to eat in a week.
7. Use a scissors to cut some tasty cress for your sandwich.

6. GROW A PANSY OR OTHER SUMMER FLOWER IN A POT



You will need: a flower plant, compost, flower pot.

What you need: watering bottle, tray or newspaper to work on

THE STEPS:

1. Put some compost in a flower pot
2. Pick up flower plant, gently turn over on to hand and squeeze or tap black plastic container until plant falls out. Gently turn the plant up.
3. Put the flower plant into the pot, roots down.
4. Put more compost around the plant roots and pat down with your fingers.
5. Sprinkle on lots of watering
6. Place on a sunny window or in the garden
7. Check the plant and give a little water every day.

7. ENJOY YOUR SENSORY GARDEN



Enjoy the views, sounds, smells, tastes and feel of what is happening in the garden;

What you need: plastic bowls or take away trays
bowl with dry compost and bowl with water

THE STEPS:

- walk around the garden and collect a selection of leaves, petals, scented herb leaves, pretty stones and place in the plastic bowls
- take a comfortable seat in the garden and listen to the garden sounds, birds, people, leaves rustling, traffic,
- pass around the bowls with collected sensory items collected one at a time.
- Encourage each person to smell, feel, crumble, touch, taste (if edible) and observe items in the bowl.
- Chat about what you can see, feel and hear, taste and touch
- relaxation or deep breathing exercise could be good to finish this session

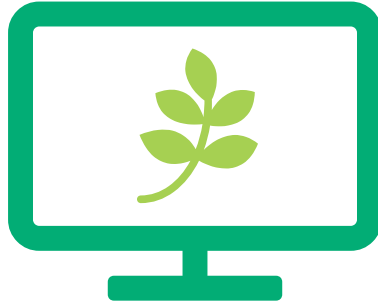
8. TEND YOUR GARDEN



What you need: sweeping brush, dustpan, bucket, rake, watering can

THE STEPS:

- The actions in sweeping, watering, raking, collecting offer good opportunity for engagement and enjoyment outdoors.
- Support may be needed to start the task, continue with the repeated actions (such as sweeping) or move about the space
- The focus should be on the engagement of doing (eg sweeping) rather than the end product of a fabulous garden!



GARDEN ON LINE

Useful resources for videos and TV:

GROW COOK EAT SERIES 3 will on RTE1, Wednesdays at 7.30 pm.

Can be viewed on RTE player or <https://giy.ie/growcookeat/>

<https://www.gardenersworld.com/how-to/grow-plants/>

<https://www.quickcrop.ie/learning/plants>

<https://www.woodies.ie/inspiration/april-garden-jobs>

Gardening supplies:

Supermarkets: Lidl, Aldi and Tesco offer variable supplies of seeds, compost, plants and garden equipment

Online suppliers for delivery:

<https://shop.giy.ie/collections/seeds>

<https://www.thegardenshop.ie/seeds/>

<https://shop.windyridgegardencentre.ie/seed-packets-c-100/>