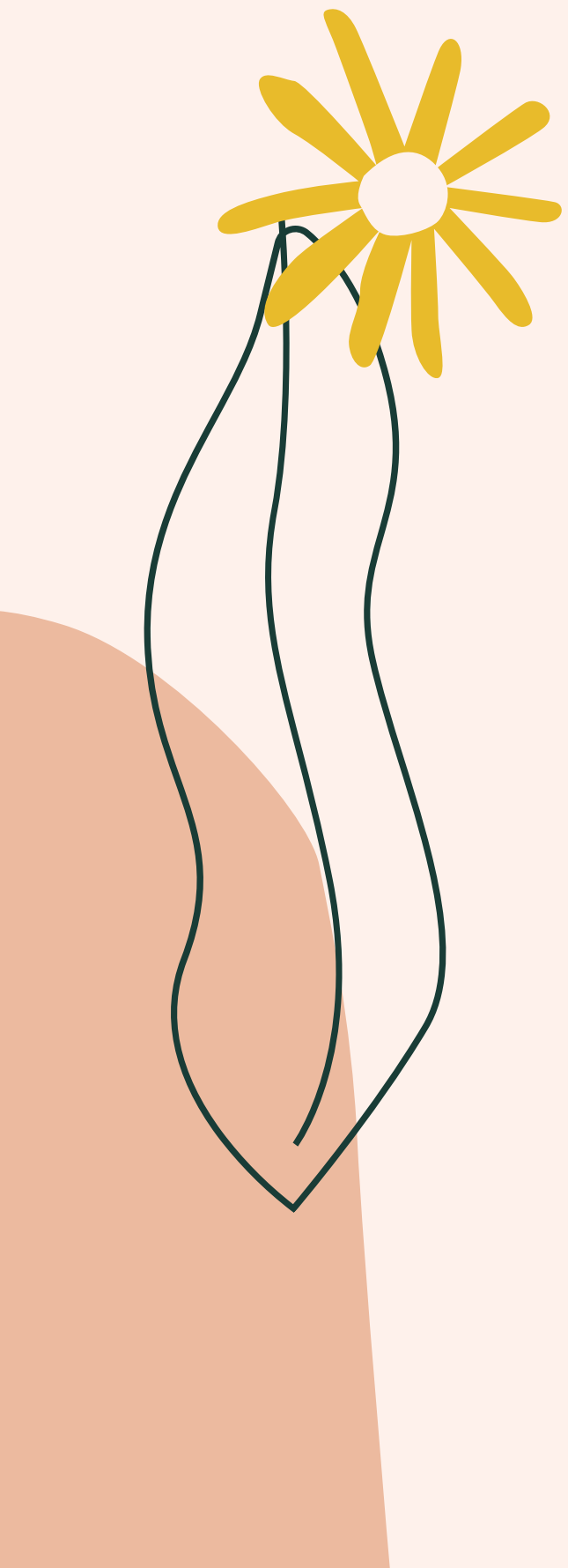




MINI GARDENS

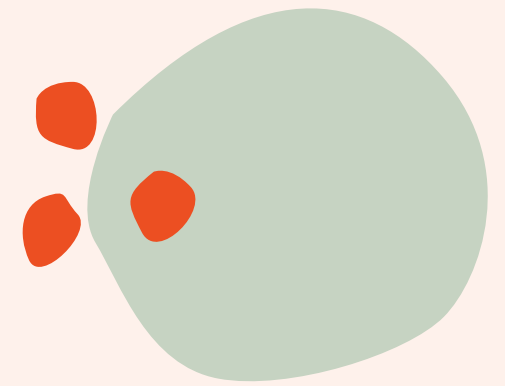
Grades 3-5 Mental Health Activity

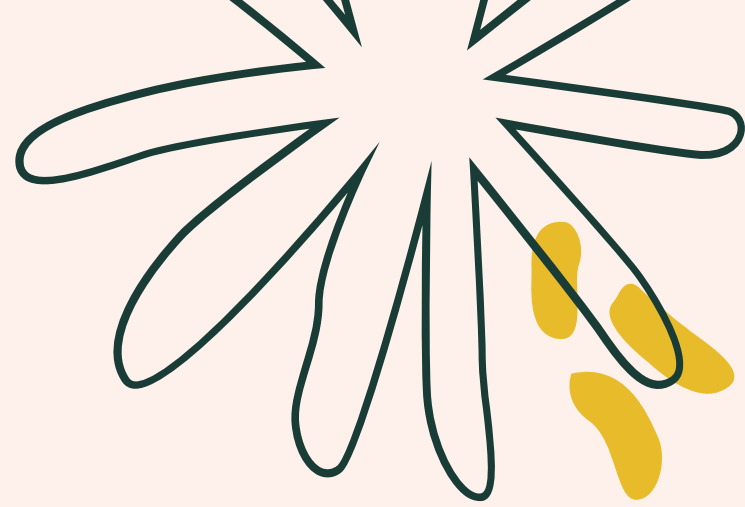


Objective

PURPOSE OF ACTIVITY:

Learn how to plant and care for personal garden.





-SMALL POTS

-MARKERS

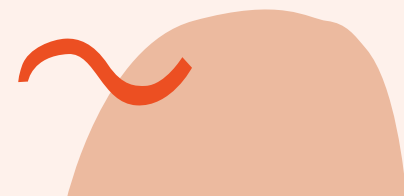
-SMALL SPOON OR SHOVEL

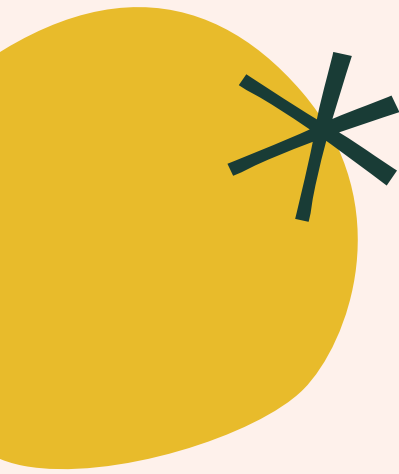
Materials

-SOIL

-SEEDS

-WATER





STEP 1

HAND OUT POTS AND MARKERS TO STUDENTS!

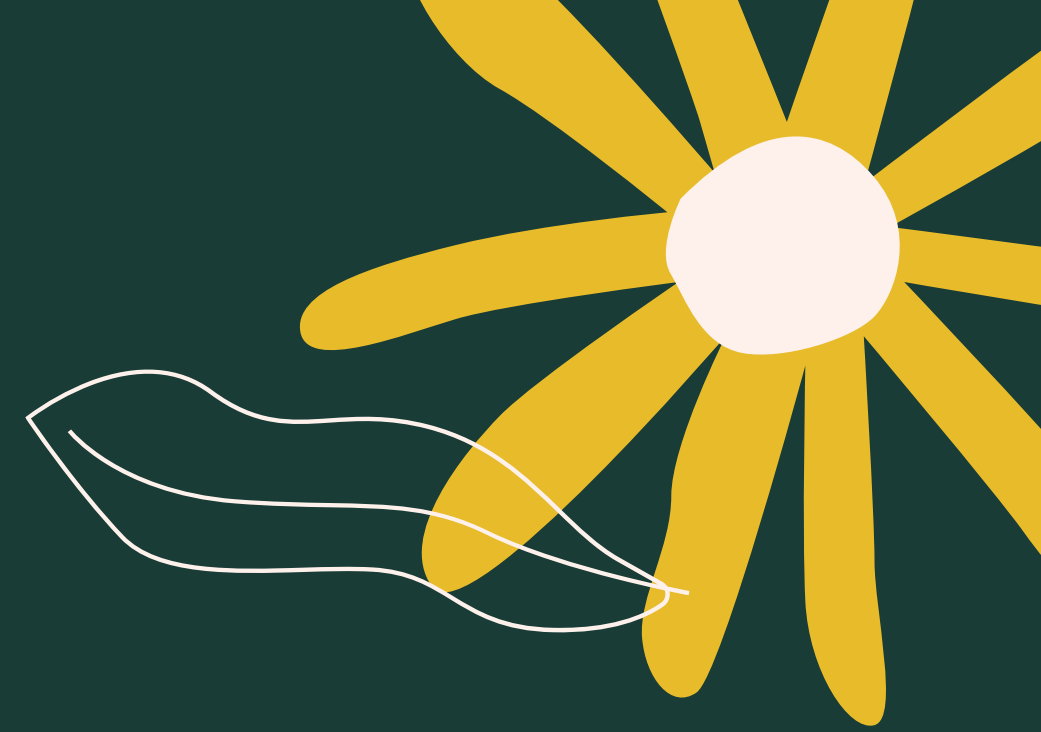
LET THEM DECORATE THEIR POT AND EXPLAIN TO THEM THE ACTIVITY!



STEP 2



When done decorating pots, grab small shovel or spoon and put 2-3 spoonfuls of soil into the pots!



STEP 3

IN THE POT WITH SOIL, MAKE A SMALL HOLE TO
PLACE THE SEED!

PUT THE SEED IN THE HOLE AND COVER UP THE
SEED WITH SOIL.



STEP 4



Lightly water plant
with a small amount
of water, just enough
to make soil a couple
of shades darker.

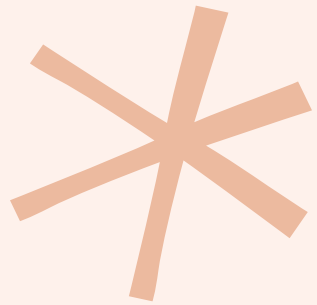


STEP 5

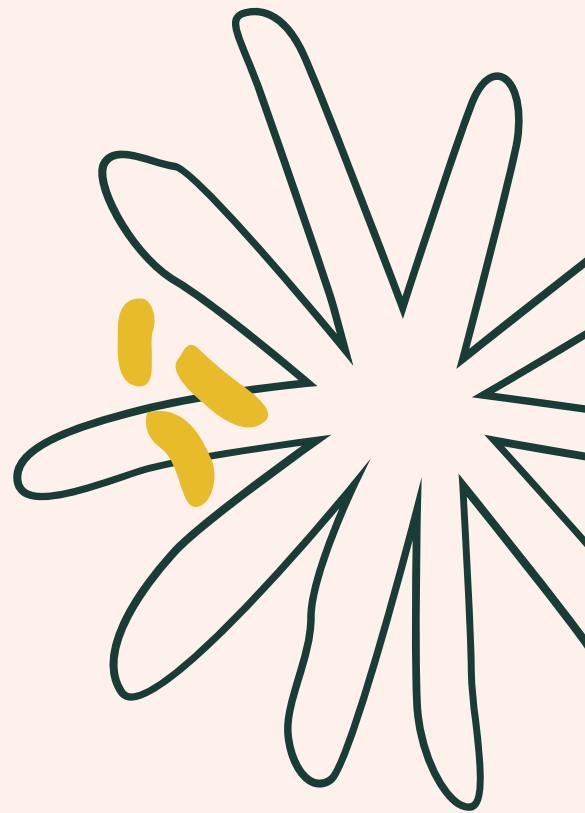


Let students name their plants and find a sunny place in the classroom where the plants can live!

To take care of plants:



Depending on the type, the plant should be in sunlight for 4-5 hours per day and watered every couple of days!



Congratulations!

This activity is complete!

