

Planting New Plants Activity



The Eldergrow garden offers a therapeutic connection to nature where residents engage in meaningful ways with the garden – cognitively, socially, spiritually, emotionally, physically and more.

Summary: Planting new plants in the garden or in pots.

Activity Objectives:

Objective 1: Resident engage in sensory stimulation (SS)

Objective 2: Resident will engage in use of motor skills (MS)

Objective 3: Resident will demonstrate creative expression (CE)

Supplies:

1. New small plant

NOTE: Be sure to use non-toxic plants only. Please contact Eldergrow for a list of non-toxic plants that do well in the Eldergrow garden.

2. Gloves

3. Small trowels

4. Labels & sharpies

Set-Up:

- Move garden into central location so residents can gather around it - *don't forget the brakes!*
- Set out new plants on a table or at edge of garden
- Have garden journal ready for any comments or observations.

Directions:

Step 1: Observation (You can enter any observations into your garden journal).

As residents gather, encourage them to look at their garden.

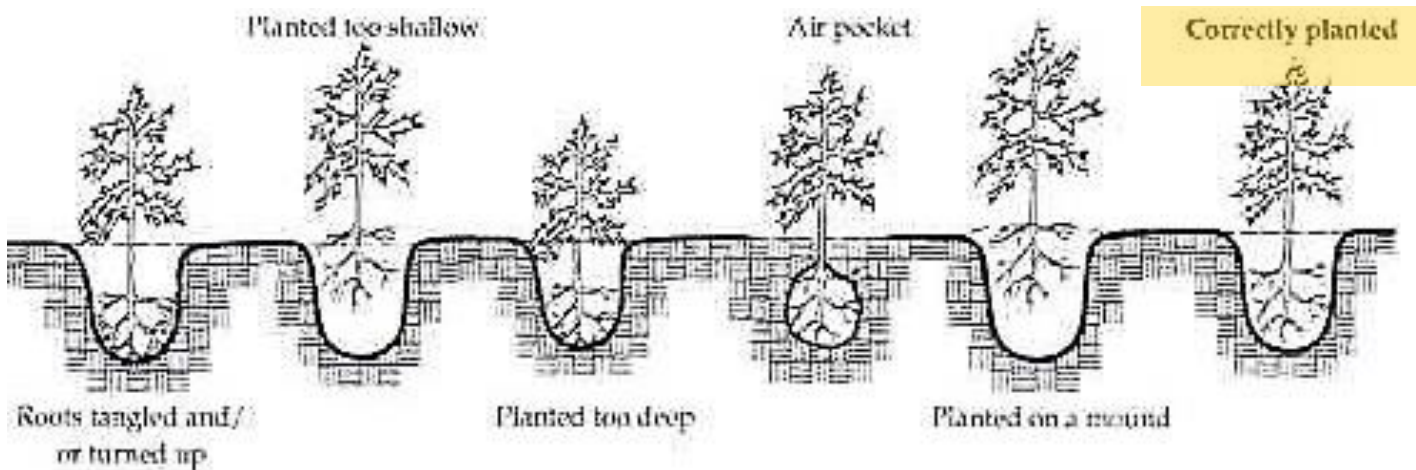
Q: Are there spaces for new plants, or some that could use replacing?

Step 2: Planting New Plants

- Look at what new plants are available to be planted today- check if they have a tag to identify them, or if you recognize them.

Q: *Would you like to add any of these plants into the garden today? Is there room?*

- At the garden, look for a good location for the new plants - where there is enough room and a good location to see or smell flowers if they are herbs.
 - Tall and the more dry soil tolerant plants should go towards the back, to not block view of the other plants, and because the back of the garden tends to get watered less.
- Dig holes big enough to fit the pot into & place pot in hole to test, noting we will need to take it out of the pot before burying.
- Cup your hand and gently turn the plant upside down into cupped hand so the plant isn't squished under its soil. Squeeze the pot a few times, then tap it to knock the root mass out. Have residents engage motor skills.
 - Flay out the roots to encourage spread.
- Place it in the hole & press the garden soil against the plant's soil to fill any gaps.
 - The top of the plant's soil should be flush with the garden's soil and not have roots exposed, or be in a tall mound. That will make the plant dry out more than the others.
 - The plant should also not be sunk into a dimple where moisture and soil can eventually collect around the stem. This can cause rot at the base of the stem. See diagram.



- Don't forget to write out a label, preferably have the resident write their name and the plant (you can use the flip side for more space). Stick the label near the plant for future identification.

Step 3: Closing

Record in journal.

Q: What did you learn today?

Q: What was your favorite part of today's activity?