



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: How to prune well-grown plants in the garden.

Activity Objectives:

Objective 1: Resident will engage in use of motor skills (MS)

Objective 2: Resident will engage spatial awareness (SA)

Objective 3: Resident will socialize in garden club activities (S)

Supplies:

1. Safe scissors
2. Pot, bucket or pan to collect trimmings

Set-Up:

- Move garden into central location so residents can gather around it - *don't forget the brakes!*
- Set out the scissors to use & place a pot or bucket to easily collect what you prune out.
- 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.

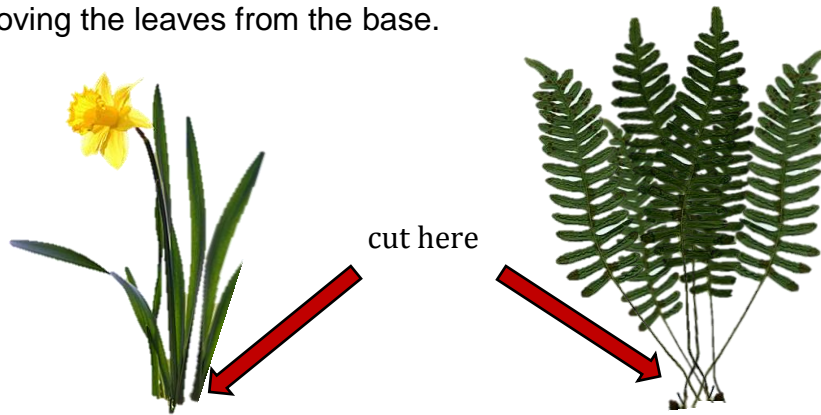
Q: Do any plants look too big? Are any plants shading other, smaller plants?

- Gather around the garden to look at the plants.
- Look for large plants that might be overgrowing smaller ones. This will keep the small plants from growing as well because they can't get as much light. These will need pruning.

Step 2: Pruning plants in the garden – Pruning keeps your garden happy!

- Large, overgrown plants can be kept from shading the smaller plants by trimming long stems shorter or removing whole stems from the base or side stems from the main trunk.
 - Most plants grow bushy with side stems off a main trunk or multiple main stems.

- Plants like ferns, rex begonias and other plants with leaves growing from the base can be pruned by removing the leaves from the base.



- Other bushy plants can be pruned either by removing the longest stems from their base or shorten most of the longest stems. The example of coleus **below** shows removing the longest stems. This shortens the whole plant but it will still have several stems.



- It is best to cut stems close to a leaf so that a stub of stem isn't sticking out. **See above.**
- Remove dead or discolored leaves as well.
- Collect what was pruned and any other fallen leaves or flowers from the garden & toss/compost.

Step 4: Closing

Record in journal.

Q: What did you learn today?

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

