

INTRODUCTION TO



GARDENING IN SCHOOLS FOR WELLBEING

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[Garden in mind.co.uk](http://Gardeninmind.co.uk)



INTRODUCTION

Gardening is a rewarding and therapeutic activity that brings us closer to nature. Whether you're growing flowers, vegetables, or herbs, gardening offers numerous benefits, including physical exercise, stress relief, and the satisfaction of nurturing plants. We also learn about the ecosystem with continuous reference to our local wildlife.



BENEFITS OF GARDENING



Physical Health

Gardening is a great form of exercise. Digging, planting, weeding, and watering can improve your physical strength and endurance.

Mental Health

Garden in mind approaches mental health with a holistic, we look at plants as living organisms that help us to connect our senses in the here and now , we learn to slow down and connect our minds with the job in hand in the garden whilst fine tuning our senses with nature.

Environmental Impact

Gardens provide habitats for wildlife and contribute to a healthier ecosystem. Garden in mind seeks to empower the student and contribute to positive climate change and sustainability.

TYPES OF GARDENS



Pollinator Gardens

Focus planting for bees

Vegetable Gardens

Individual sections of the vegetable plot for students who would like their own space. Learn to cultivate edible plants from seed to plate. Students learn to nurture, to see plants grow and thrive.

Herb Gardens

Herbs for engaging the senses engendering calm and inner peace whilst observing how they grow and what insects they attract.

Container Gardens

Students can learn the different conditions for growing in pots and look after their own plants in its individual microclimate.

AGENCY SAFETY,
KNOWLEDGE...

GARDEN TOOLS - SAFE HANDLING AND STORAGE.

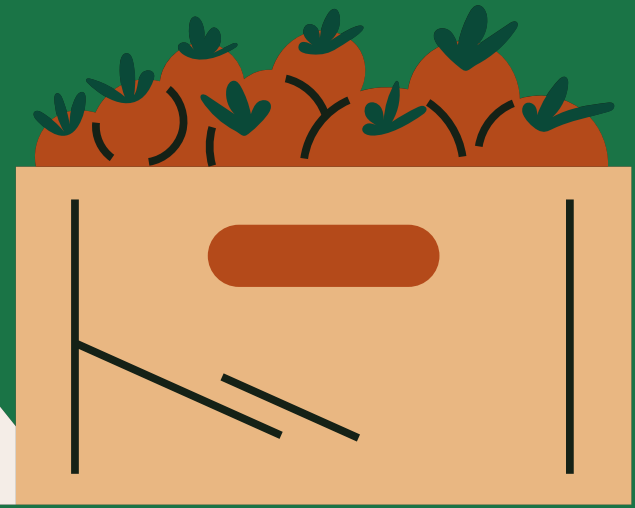
Trowel

Watering Can

Pruning Shears

Gloves

Garden Fork





GARDENING TIPS FOR BEGINNERS

Start Small

Begin with a small garden or a few pots to avoid feeling overwhelmed.

Choose the Right Plants

Select plants that are suitable for your climate and soil type.

Water Wisely

Water your plants early in the morning or late in the evening to minimize evaporation.

[Learn to make our own organic compost](#)

Enrich your soil with compost to provide essential nutrients to your plants.



THE VEGETABLE GARDEN HOW WE HELP IT GROW

Learn to garden by observation and taste...
An example of a small vegetable garden. This garden includes a variety of easy-to-grow vegetables such as tomatoes, lettuce, carrots, and bell peppers. Each plant is spaced appropriately to ensure adequate growth—once you have tasted your own grown fruit or vegetable you will want to grow more!



CONCLUSION

Gardening is a fulfilling activity that offers numerous benefits for both your physical and mental well-being. Whether you have a small court yard or or a big field, there's always a way to incorporate gardening and the appreciation of nature into your school day.



**START YOUR GARDENING
JOURNEY TODAY AND
EXPERIENCE THE JOY OF
NURTURING AND GROWING
YOUR OWN PLANTS!**





THANK YOU
SO MUCH!

