

# Your gardening for wellbeing ideas



Looking after plants helps many people feel more relaxed. In this project you will be seeing how gardening makes you feel.

Have a think about how caring for plants could support your wellbeing, and what sorts of plants you might like to try growing.

## Are you interested in any of these ideas?

- Can looking after classroom plants help us feel more relaxed?  
 No                       Maybe                       Yes
- Can gardening to help wildlife support our wellbeing?  
 No                       Maybe                       Yes
- Can growing food to eat give us something to look forward to?  
 No                       Maybe                       Yes
- Can growing plants to sell help us work as a team?  
 No                       Maybe                       Yes
- Do you have another idea? Please write or draw it below:

Can .....

# Plant ideas

What types of plant would you like to grow and care for?

Type of plant	What they look like	Would you like to grow them?
Indoor plants		
Outdoor plants		
Fruit trees		
Vegetables like onions or garlic		
Herbs		
Edible mushrooms		
Flowers		
Plants to help wildlife, like bees		
My own idea		