

## **LIFE SKILLS**

My very own Garden (even in a container or pot)

What you will need:

- Gardening pot or something of your choice
- Small bag of soil
- 1 small hand shovel or scoop
- Packet of seeds (your Choice)
- Water can or cup

### **Gardening 101:**

- Gardening is a healthy, fun activity for children of all ages
- Children develop new skills & learn about SCIENCE & NATURE from growing their own food
- There is a variety of interesting activities children can be involved in, such as planting, mulching, weeding, and cooking
- Make sure that your garden is a safe place, with suitable equipment, tools, fences, gates and paths for children to use

Children learn from growing things:

Gardening is Educational & develops NEW SKILLS

- **RESPONSIBILITY:** from caring for your plants
- **UNDERSTANDING:** As they learn about CAUSE & EFFECT (plants die w/o water, weeds compete w/ plants)
- **SELF-CONFIDENCE:** Achieving goals & enjoy food you have grown
- **LOVE OF NATURE:** a chance to learn about outdoor environment in a safe place
- **REASONING & DISCOVERY:** Learn about SCIENCE of plants, animals, weather
- **PHYSICAL ACTIVITY:** doing something FUN & PRODUCTIVE
- **COOPERATION:** Including shared PLAY ACTIVITY & TEAMWORK
- **CREATIVITY:** finding new & exciting ways to grow food
- **NUTRITION:** Learning about where fresh foods come from

### **Plant Selection: Sensory Skills**

Children are like brightly colored flowers & vegetables that grow quickly.

- **TOUCH:** succulents, aloe vera, bottle brush, snapdragon, gladiolus

- **TASTE:** basil, mint, strawberries, rosemary, carrots, cherry tomatoes
- **SMELL :** Jasmine, lavender, Lemon-palm, Mint, Basil
- **SIGHT:** bright colors, sunflowers, daffodils, rainbow chard, marigolds
- **SOUND:** corn, bamboo & grasses that rustle in the wind