

ACTIVITY: CREATING A SUMMER ANNUALS CONTAINER GARDEN

Gail Hall, Lead MG

Description: Focusing on the process of planting a small container garden, participants will explore a variety of colorful, textural annuals and plant them in a pot.

Goal: Participants will get a taste of gardening as a self-care tool by engaging in an activity that is process-driven, intriguing, relaxing, compelling, sensory, and playful.

Materials

- Assorted annuals from 6-packs
- 8” pots
- Potting soil
- Coffee filters to line bottom of pots
- Water & watering can or bottle
- Potting tub
- Gloves
- Clippers or scissors
- Handouts
- Examples of fertilizer (Miracle Gro, fish emulsion, Osmocote)
- Finished example of pot

Steps: *Participants will ...*

- Choose six (6) plants from a variety of annuals
- Explore the plants, noticing their texture, color, scent, growth habits
- Prepare plants for planting – dead head any spent blooms, remove from 6-pack, remove root bound roots, spread roots
- Prepare the soil
- Fill pots with soil
- Place plants in soil
- Water pots
- Discuss plant care