**Workshop Title (time length of class)**

**Creating a Herb Dish Garden - Lesson Plan Template**

**Purpose**

* Experience gardening as a way to reduce stress, improve mood, increase physical activity, enhance social connections, and support a healthy diet

**Description**

* Provide a sensory experience using plant and soil materials. Teach plant arrangement. Develop fine motor skills and discernment by touch. Learn to accommodate another person using common space and supplies.
* Practice planting and caring for plants.

**Classroom setup** (allow 45 minutes)

* Insert instructions and special room set up needs here. Estimate how many people teach task will need and how much time it will take.
* Examples: Arrange tables, plants, soil, and other materials
* Plants in accessible location
* Sign-in sheet near entryway
* Evaluation sheets, pens, handouts handy so they can be distributed at end of workshop (give people handout when they give you evaluation)

**Materials**

* List materials you need to complete the activity:
* flats without holes
* 6" diameter round, shallow plastic containers
* 5-gallon bucket of potting soil
* Spray bulbs filled with warm water
* Paper cups (3 ounces)
* Pea gravel
* Shallow rooting herbs
* Plant labels
* Waterproof markers
* Plastic bags with handles (if possible)

**Procedure**

* Show sample of finished plant.
* Introduce the activity and the plant material. (Be sure you have researched information on each plant.)
* Organize work area:  
  a. Place the dish garden container in the upper left-hand comer. b. Place the water bulb filled with warm water to the right of the container. c. Place the flat without holes, one between each pair of participants.
* Bring the soil bucket to each participant. Participant uses the dish garden container to scoop approximately one container full of soil, placing each medium into the flat.
* Add warm water with the spray bulb. Mix with hands until the potting mix is thoroughly moistened but not soaking. The mix should become dark brown and hold together when squeezed.
* Use a small paper cup to scoop gravel to cover the bottom of the container (about two to three scoops); 1⁄2-inch layer of gravel at the bottom of the container.
* Fill the pot to 1⁄2 inch from the top with the moist potting mix. Make sure it’s firm, but do not pack it.
* Explain how the round container can resemble the face of a clock, and make sure everyone understands where the numbers can be imagined to be.
* Make three equally spaced holes by poking with an index finger until the gravel is felt. Make one hole at “12 o’clock,” one at “4 o’clock,” and one at “8 o’clock.”
* Remove the plants from the cell pack by gently squeezing the pack from the bottom. This should loosen the root ball. Then grasp the plant's main stem at the base between a thumb and index finger, and gently pull it out of the cell.
* Plant one herb in each hole. Firm the soil around the plants and add extra soil if needed. T h e s oil should be about 1⁄2 inch from the rim. Optional: Assign a specific plant to each clock-face position to reinforce the concept.
* Water the dish garden with a spray bulb so the potting mix settles next to the plants.
* Participants leave their seats to select one or two stones to accent their planting with. Select by texture.
* Place two or three stones in garden.
* Have the participants write their names on plant labels. Insert the labels in the potting mix.

**Wrap-up – (time needed)**

* Thank everyone
* Pass out (and collect) evaluations
* Pass out handouts

**Cleanup**

Key Information:

* San Diego’s seasons: Cool season (winter & spring, Nov – Apr) and warm season (summer & fall, May – Oct)
* Promote coordination and fine motor skills. Stimulate tactile sense. Utilize “clock- face” system of orientation.
* Herb suggestions:
  + Oregano (Origanum x majoricum)
  + Tarragon (Artemisia dracunculus)
  + Thyme (Thymus spp.)
  + Basil (Ocimum basilicum)
  + Cilantro (Coriandrum sativum)
  + Parsley (Petroselinum crispum)
  + Summer savory (Satureja hortensis)