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

**Repotting Plants in a New Container - Lesson Plan Template**

**Purpose**

* Participants will get a taste of gardening as a self-care tool by engaging in an activity that activates the senses and creates a sense of accomplishment.

**Description**

* Plant a plant in a new container, providing it more room and refreshed nutrients.

**Materials**

* Plant that needs to be transferred to a new pot
* Gloves
* Soil
* Mixing tub for soil
* Water and watering can or squirt bottle
* Pot that is larger than current pot size
* Coffee filter for bottom of pot
* Sticks to label plants

**Procedure**

* Select plant
* Explore the plants, noticing their texture, scent, taste, appearance
* Prepare new container by covering holes with filter
* Moisten soil and mix
* Fill container about 1/3 full of soil
* Remove plant from current container. Gently tip it sideways and squeeze or tap the bottom to release it from the container, securing it with your other hand. Loosen the roots, and spent soil.
* Place plant on top of soil in new container
* Fill in container with new soil around the sides
* Water
* Discuss plant care

**Wrap-up – (time needed)**

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

**Cleanup**

Key Information:

If you see one or a combination of these signs, you'll know it's time to repot:

* Roots are growing through the drainage hole at the bottom of the container
* Roots are pushing the plant up, out of the container
* Plant is growing slower than normal (different than winter dormancy)
* Plant is extremely top heavy, and falls over easily
* Plant dries out more quickly than usual, requiring more frequent watering
* Above ground parts of plant take up more than three times the pot space
* Noticeable salt and mineral build up on the plant or container

Plants typically need to be repotted every 12 to 18 months, depending on how actively they are growing. Some slow growers can call the same pot home for years, but will just require a soil replenishment. Early Spring, before the start of the growth season, is usually the best time to conduct this activity and repot plants.