

## 'Gardening for Health and Wellbeing'

### Session Plan

#### Starting A Garden Program and Getting to Know Your Garden

<b>Location:</b>	<b>Date:</b>	<b>Time:</b>	<b>Duration:</b>
<p><b>Description:</b> An introduction to the program, getting to know existing garden spaces, what's growing and where activities can be held and also planning future activities.</p> <p><b>Session Aim:</b> Everyone involved in the gardening program has an understanding of what's involved in the program and where activities will occur.</p>			
<b>Facilitator:</b>	<b>Volunteers:</b>		

Time	Facilitator Activity	Group Activity	Resources
	<ul style="list-style-type: none"> <li>• Group introductions for first day of program</li> <li>• Discuss month's activities</li> <li>• Explain session to volunteers</li> </ul>	<ul style="list-style-type: none"> <li>• Getting to know each other</li> <li>• Discuss month's activities</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Seasonal Planner with scheduled activities.</li> <li><input type="checkbox"/> Name tags for everyone</li> <li><input type="checkbox"/> Water jugs and cups</li> </ul>
	<ul style="list-style-type: none"> <li>• Take group on a garden tour showing areas for activities</li> <li>• Assist group to identify existing plants in gardens, record findings and locations in Gardening Journal</li> <li>• Choose a participant to record findings in a notepad while walking</li> </ul>	<ul style="list-style-type: none"> <li>• Take a walk around the garden</li> <li>• Identify plants already growing and their location</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sun hats</li> <li><input type="checkbox"/> Covered in shoes</li> <li><input type="checkbox"/> Note pad and pen for recording information while walking through gardens</li> <li><input type="checkbox"/> Take photos of unidentified plants to research or email to Cath Manuel for ID.</li> </ul>
	<ul style="list-style-type: none"> <li>• Share ideas for Gardening Journal</li> <li>• Provide magazines to group for inspiration</li> <li>• Record ideas from group walk and from wish-list ideas into Gardening Journal</li> </ul>	<ul style="list-style-type: none"> <li>• What do you like to do?</li> <li>• What would you like to learn?</li> <li>• Complete a 'Wish-list' of plants to grow, looking through gardening magazines and cutting out pictures</li> <li>• Gluing pictures into Gardening Journal</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Garden Journal for each season. Choose a scrap book or A3 visual art diary, create a cover and paste a copy of activity planner inside front pages.</li> <li><input type="checkbox"/> Pencils, crayons, coloured markers, scissors, glue sticks and any other stationery items for journal. <i>Keep in a pencil case for garden group use.</i></li> <li><input type="checkbox"/> Old gardening or house magazines</li> </ul>
	<ul style="list-style-type: none"> <li>• Discuss next week's activity and advise participants on any items to bring</li> </ul>		<ul style="list-style-type: none"> <li><input type="checkbox"/> From Planner in Garden Journal</li> </ul>
	<ul style="list-style-type: none"> <li>• End session</li> </ul>		