

'Gardening for Health and Wellbeing'

Winter Gardening Activities

Week	Activity	Description	Benefits
Week 1	Preparing Gardens to Grow	Improving garden soil in preparation for growing through the season.	Improves strength & flexibility, increases energy, strengthens cardio system, improves emotional wellbeing, reduces anxiety & stress, positive outcome, improved problem solving skills, increases social interaction, motivates participants and offers a sense of contributing.
Week 2	Sowing Seasonal Seeds	Sowing seeds into punnets, jiffy pots or other small containers for germinating.	Develops fine motor skills & hand eye coordination, increases confidence, stimulates senses, something to look forward to, positive outcome, improves concentration & problem solving skills, exercises memory, increases social interaction, offers a sense of contributing and appreciation of nature.
Week 3	Planting Seedlings into Gardens	Planting vegetable, flower or herb seedlings into prepared garden beds.	Improves strength & flexibility, increases energy, strengthens cardio system, improves emotional wellbeing, increases confidence, reduces stress & anxiety, stimulates senses, provides something to look forward to, positive outcome, increases social interaction, motivates participants, offers a sense of contributing, lifts the spirits and access to fresh food.
Week 4	Productive Potting	Growing a range of productive plants in creative containers.	Improves strength & flexibility, improves fine motor skills & hand eye coordination, improves emotional wellbeing, increases confidence, reduces stress & anxiety, positive outcome, improves concentration, exercises memory, increases social interaction, offers a sense of contributing and fresh food grown.
Week 5	Deadheading Flowers	Removing faded or old flowers to encourage new blooms and keep plants tidy.	Improves strength & flexibility, increases energy, increases confidence, reduces stress, provides purpose, stimulates senses, positive outcome, good for problem solving skills, increases social interaction, motivated participants, offers a sense of contributing and an appreciation of nature.
Week 6	Potting Bulbs for Spring Flowering	Potting flowering bulbs to enjoy in Springtime.	Improves fine motor skills and hand eye coordination, improves emotional wellbeing, reduces stress & anxiety, provides purpose and meaning, something to look forward to, positive outcome, improves concentration, good for problem

			solving skills, exercises memory, increases social interaction, improves positive habits, offers a sense of contributing and an appreciation of nature.
Week 7	Caring for Tools and Equipment	Maintaining tools and equipment ready for gardening jobs.	Improves strength & flexibility, increases energy, increases confidence, provides purpose, positive outcome, good for problem solving skills, increases social interaction and offers a sense of contributing.
Week 8	Showy Shoe Planters	Growing a range of plants in old boots and shoes.	Improves fine motor skills and hand eye coordination, improves emotional wellbeing, something to look forward to, positive outcome, improves concentration, good for problem solving skills, exercises memory, increases social interaction, improves positive habits and offers a sense of contributing.
Week 9	Propagate Succulents	Propagating a range of succulents to use in potting activities.	Improves strength & flexibility, increases energy, develops fine motor skills & hand eye coordination, improves emotional wellbeing, increases confidence, reduces stress & anxiety, stimulates senses, provides purpose & meaning, positive outcome, improves concentration, good for problem solving skills, exercise memory, increases social interaction and a sense of contributing.
Week 10	Create a Vision Board for Spring Growing	Plan what to grow in the coming months by creating a vision board of ideas for your garden.	Increases confidence, reduces stress & anxiety, provides purpose, positive outcome, improves concentration, good for problem solving skills, exercises memory, increases social interaction, motivates participants and offers a sense of contributing.
Week 11	Nurturing the Garden	Activities that assist to maintain thriving gardens from soil health, weeding, pruning and pest or disease management.	Improves strength & flexibility, increases energy, strengthens cardio system, improves emotional wellbeing, increases confidence, reduces stress & anxiety, stimulates senses, provides purpose, positive outcome, good for problem solving skills, increases social interaction, offers a sense of contributing and appreciation of nature.
Week 12	Harvest Your Abundance	Harvesting and cooking fresh ingredients from the kitchen garden.	Improves emotional wellbeing, increases confidence, reduces stress & anxiety, stimulates senses, provides purpose, positive outcome, increased social interaction, motivates participants, offers a sense of contributing, lifts the spirits of participants and provides fresh, healthy food.