



Gardening

Gardening is a great activity for children. They learn many basic things about life, growth and nature, and also about being responsible, looking after and nurturing other creatures. The plants will die if they forget to water them!



Gardening for all ages

It is not necessary to have a garden to do gardening! Plants can grow in windowsills, in plastic bags filled with soil, in old shoes and in cardboard boxes.

Gardening activates all your senses and it is great to combine it with activities with animals. You can produce food for the animals and the animals can produce fertilizer for your plants.

Gardening can be a long-term project. Make it a part of daily routines and duties. It can help children learn to be responsible over time because they need to take care of the plants on a regular basis.

Examples of healthy behavior with gardening

- Do not use inorganic fertilizer, pesticides or weed killer in your kitchen garden
- Protect your fruits from birds and insects, but be careful not to use nets in which birds can be caught and killed
- Be sure to eat your products before they rot
- Feed your animals or the soil in your garden with organic leftovers



An activity day with the children about this topic could include:

- The children generating ideas about what plants to grow
- The children making proposals on how to divide the work
- The children generating ideas of how to optimize gardening
- Make a sunflower (or other plant) contest: who can grow the tallest sunflower? Divide the children into groups and hand out sunflower-seeds. The groups should work together about planting and growing the sunflowers.
- The children can plan how these ideas can be implemented in the every day life
- The children can design a method to measure if the initiatives are successful

