

### Key Steps for a Successful Session:

- **Come Prepared** - Review materials and gather necessary equipment, including printing worksheets.
- **Set the Tone** - Share about yourself to create a welcoming atmosphere for vulnerability.
- **Prioritise Safeguarding** - Follow your school's safeguarding policy and outline it for the group to set expectations.
- **Engage in Gardening** - Use gardening as a fun, practical resource to encourage open dialogue on deeper topics.
- **Manage Time** - Keep track of time to ensure you give space and time to explore the core theme of the session.
- **Utilise the Border** - Regularly engage with your school's border, allowing children and young people to enjoy and own the space.

### Learning Objectives

- To teach the children to identify and remove weeds
- To explore worry and help the children understand that we all experience worry
- To help the children to learn to talk about worries and identify good people to talk to

### You will need:

Gloves  
Bag  
A3 Printed Story  
DIY compost materials  
(see pg 2)

## OPENER

Start the session with an active game. The children have to stop and do the right move/noise for when each insect is called out.



Worm = lie on the floor and wiggle

Grasshopper = jump on the spot

Bumblebee = make a buzzing noise

Butterfly = flap their arms like wings



You can play as long as you like or you can play elimination style and each child sits down if they get a move/noise wrong until its last person standing.

## GARDENING GUIDE

Teach the children how weed the border. A weed is anything that shouldn't be there ie. anything that is not the plants you have put in the border. Weeds often first appear as small green shoots, a bit like blades of grass. We remove weeds to stop them growing bigger and competing with our plants for soil nutrients and water. Weeding also helps everything look neat and tidy.

1

Look for weeds  
in amongst  
your plants.

2

Gently pull the weed



Hold the weed near the bottom  
and slowly pull it out of the soil.

3

Check the roots



Make sure the whole weed comes out,  
including the roots, so it won't grow back.

4

Collect the  
weeds in a bag  
for an activity  
later.

## GET STUCK IN

Go round the border and have a good look for any weeds or shoots. Get the children to be hands on and let them do the activity with as little help as possible. Guide and facilitate but let them get involved and be practically working on it as you chat.

As you garden ask the children if they know what worry is? Share some simple examples of what can make us feel worried;

- trying a new food for the first time
- meeting someone for the first time
- going to big school
- going to a new place
- trying a new skill ie. riding a bike

Perhaps share a time when you have felt worried about something to help the children understand the concept.

**GARDEN**  
ON A ROLL

# STORY TIME

Gather the children and read the story 'Share your cares' about Walter the earthworm. This story explores the theme of worry and comes with some story cards to help bring the story to life. We suggest printing in A3 to make it easier for the children to see and engage with the story. Read the story as a group. If possible you could settle around the border to do this.



## REFLECTION ACTIVITY

Using the weeds you collected earlier make your own compost. This activity needs a bit of prep to gather materials in advance but you could get some brown waste from lunchboxes during the week and do an activity to cut up paper in advance ready to use in your compost. You can do this activity as one big team or make lots of mini compost pots. Be sure to help the children and guide them through each layer. Your compost will need time to rot down and break up, but in time you will then be able to use your very own compost on your plants which is really exciting.



### DIY COMPOST

Get a container (bucket/bottle cut in half/bowl). Put some drainage holes in to your chosen receptacle.

Then get layering

1. Dry leaves
2. Weeds you picked earlier and any other green waste like grass clippings
3. Brown waste - think peels, old fruit, egg shells, tea bags
4. Paper - thin strips of paper or clippings are good for this.
5. A handful of soil.

Now keep it moist, mix it up every month and wait and watch. In a few months it will have broken down and will be ready to put on your border.

## CLOSE

Remind the children that worry is normal and all of us experience worry even when we are grown-ups. Encourage them to put into practice what they have learnt from Walter's story and talk about things that are worrying them. Name some people who are good to share worries with ie. mum, dad, grandparents, teachers etc. Keep checking on your border in the coming weeks and pull out any weeds that appear and add it to your compost. Check on your compost from time to time and see how it is breaking down. Weed out worries in your border and help the children to weed out worries by sharing them.