

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 all about watering plants and why we do it
- To give the children the chance to water and care for their border
- To think about the importance of kindness and how it transforms us and others
- To share examples of kindness
- To encourage the children to be kind and caring to one another

You will need:

Blanket
Speaker for music
Watering Cans/Hose
Printed Memory Game
A3 Printed Story

OPENER

Begin with a game called 'Woodlouse'. The point of this game is to help everyone get to know each other and remember each others names. Start by standing in a circle and ask the children to say their name and get everyone to repeat it. Then begin the game. Move around the room to some music, when the music stops have the players curl up like woodlice and shut their eyes. Secretly put a blanket over one player and then the others stand up and guess who is under the blanket. Keep playing until everyone has had a go at being hidden.



GARDENING GUIDE

Teach the children how to water the plants. We water the plants to give them the vital hydration that they need to grow and thrive. It is important that plants have water in every season and whilst in some seasons you can rely on the rain, in heat they will need extra watering to stop them drying out. Plants also need a lot of water when they are first planted because they need time to get established in the soil and settle in the ground. Maybe you could make watering a part of your daily class schedule.



1

Using a hose or watering cans, water each plant carefully.



2

Check water is getting to the roots. Gently dig into the soil with your fingers and ensure that there is moisture under the surface.



GET STUCK IN

Go round the border and give each plant a good water. If it is very hot you could go round the border twice to allow to water to sink into the soil and get plenty to the roots. You could set each child up with a different plant or work through them as a team. 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 to think of one kind thing that someone has done for them this week. You could use the below as prompts/examples;

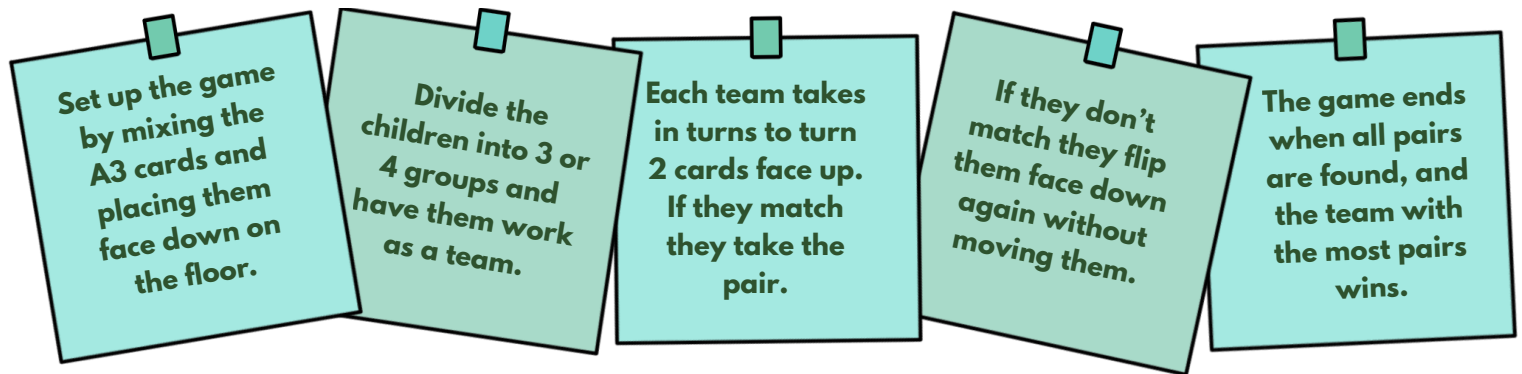
- someone shared a toy with them
- their sibling gave them a hug
- their parent made them a meal
- their grandparent read them a story
- their parent took them on a trip to the park

Ask them how that kindness made them feel.

Watering our plants transforms them. With water they are able to grow and thrive and flourish and it is the same for us when we experience kindness. We bloom as a result!

REFLECTION ACTIVITY

Play the Kindness Memory Game. You will need to print the accompanying cards for this activity.



STORY TIME

Gather the children and read the story 'Kindness' all about Rolie the woodlouse. This story explores the theme of kindness 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 you can read it next to the border that is even better.



CLOSE

Encourage the children to think about how lovely it feels when someone is kind to us. It makes us feel happy and loved and brightens our day. We can share that wonderful feeling with others by being kind too just like Rolie did and it will make everyone feel happier. Watering our plants transforms them. Drops of water enables our plants to grow stronger and healthier and to produce beautiful flowers. Drops of kindness helps us to grow stronger and happier and it makes everything and everyone around us bloom.

Make sure you keep checking on your border in the coming weeks and see the transformation and change in your plants through watering. Encourage the children to share drops of kindness with each other.

Top Tip: Do remember to keep your border well hydrated in the heat and when newly planted. Share the load as a team and make it a regular part of the day. Watering little and often will help your plants have continual access to essential water and make for much happier and healthier plants.