

TOGETHER WE GROW

Session Guide

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.



This session will require prior work and preparation to ensure the ground is ready to plant into. Ensure you have followed the steps detailed on pg 2 in advance.

Learning Objectives

- To help the children to actively plant up your school border
- To encourage the children to learn teamwork skills and begin to put them into practice
- To begin to teach children about the importance of support and feeling a sense of belonging in a team
- To teach the children some basic gardening skills as they plant up

You will need:

Soil
Spades
Forks
Trowels
Gloves
School Border Kit
Scissors
Buckets
Compost/Mulch
Hose/Watering cans
Milk
Biscuits
A3 Printed Story

OPENER

Today is a really exciting day! In this session you will get to plant up your school's border and will work together to kick start GROW, THRIVE, BLOOM. Today you have several fun tasks as you prepare the ground, follow the template and get your plants into the soil. Work as a team and plant up your very own School Border.

NOTE BEFORE

To ensure a smooth session for young children, it's recommended to prepare elements in advance. Staff should handle most prep while assigning small, manageable tasks to the children during the session. Adapt suggestions as needed, keeping the process fun and considering the children's attention spans and capabilities. We have provided a plan below with scheduled breaks interspersed, but adapt as you see fit. The most important aspect is to help the children have some hands on gardening opportunities and feel a sense of connection and ownership of their school border.

GROUNDWORK

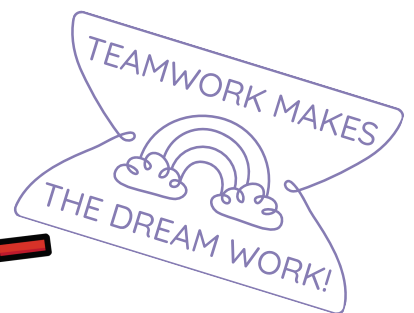
The first step for this session is to do the groundwork. Before you can plant up you need to ensure that the flower bed or the planter is ready and the soil has been prepared. We suggest you get the vast majority of this done in advance. Follow the instructions using the video link below. Keep back a small amount of soil so that the children can have a go at filling the planter/preparing the bed. If you have any children's wheelbarrows use these to add to the fun.

www.gardenonaroll.com/blogs/videos/how-to-prepare-soil-for-planting-a-garden-border-complete-guide

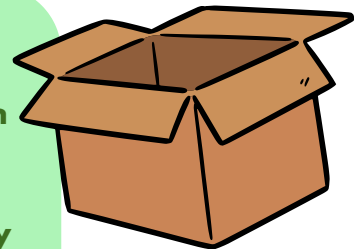
TEACHING TEAMWORK

You can either do the below activities with the children or have them completed in advance.

Set the children the task of working as a team to add the remaining soil to the planter/bed. Encourage them to help each other out and teach them how to be a good team. Support and facilitate the activity, offering lots of encouragement and ensuring everyone can have a go. This is a great way to have lots of fun, whilst teaching teamwork and practicing sharing.



Then work as a team to unbox your border. Have fun exploring what is in the box and getting a first look at your plants. Lay out all the plants and items from the box so your ready for the next step.



Carefully unroll the paper template which will work as a simple guide for planting up. You can help the children to hold it and position it as a team. Ensure you put it in the right direction. You can also cut the paper up to accommodate for corners or unusual shaped spaces.



Keep these tasks fun and engaging. Be ready to offer support and direction and as you work demonstrate to the children good team work. Help them to understand why it is fun to work together and how it helps us achieve big challenges. Perhaps hand out stickers when you see an example of good team work - you can make sure everyone has one by the end of the session.

SMALL GROUP CHALLENGES

Now that you have done the groundwork and set the tone for this special space, it is time to get planting. This is really fun and the process is simple and easy so the children should be able to get involved. Split the group into smaller teams with an adult to oversee each group. Below are the tasks that need doing so you could set up a group with each task.

Play match the letters. One team can lay out the plants on the template. Simply match the letter on the template and the letter on the plant pot.

Collect water. One team could go and fill a couple of buckets with water. They could fill them little by little as a team or use a hose to fill buckets.

Soak the template. Pour water over the template on the the border to soak the paper. Then dig a hole through the template at each cross ready to plant.

BREAKTIME

Use something to weigh down the paper template so it doesn't blow away. Make space to take a break. Give the children some time to use the toilet, have snacks and a drink. You may choose to get started again after a short break or make some space to play freely before returning to the second half of the session.

PLANT UP

Help the children to have a go at planting! It is best to do this as small groups with an adult to oversee. Then the children can get stuck in and it is more practical for the staff to manage. Teach the children to do the following;

Remove the plant from the pot and gently tease out the roots with your fingers. You are aiming to free up the roots and loosen the soil around the roots. Work carefully as the roots are the lifeblood of the plant!

Put the plant into the bucket of water, submerging the roots and soil. You want to drench the roots so let it soak well before removing it. Once drenched dig a hole into the soil, through the hole you made in the template. An adult will need to add in some of the fertilizer (directions on pack).

Then plant each plant, making sure you put the correct plants in each circle. Gently tuck the plant into the hole you've made so it is secure and its roots are under the surface. Keep the tags to add later.

**GARDEN
ON A ROLL**



CARE FOR YOUR PLANTS

The final tasks you need to do will help nurture and care for your plants and will give them what they need to begin to establish in the soil. You could do this altogether or get the adults to do the first step and let the children do step two.

Step one - cover the border in good quality mulch or compost. Make sure it has a good coverage of 2-3 inches and that the plants are surrounded. The paper template will break down over time offering nutrients to the plants as it rots down. Avoid patting down the top layer as this will compact the soil and can create problems.

Step two - Give the border a really good water. Make sure you get plenty of water into the soil but keep the hose/watering can moving as you don't want to create a bog or wash off any of that important top layer.

Don't forget to put the tag by each plant so you can easily identify them in the coming weeks. Use your PDF plant guide to help you.

STORYTIME

A great way to mark the occasion and reward their efforts could be to offer some biscuits and milk. Let the children look at their border and be proud of all their hard work and amazing team work.



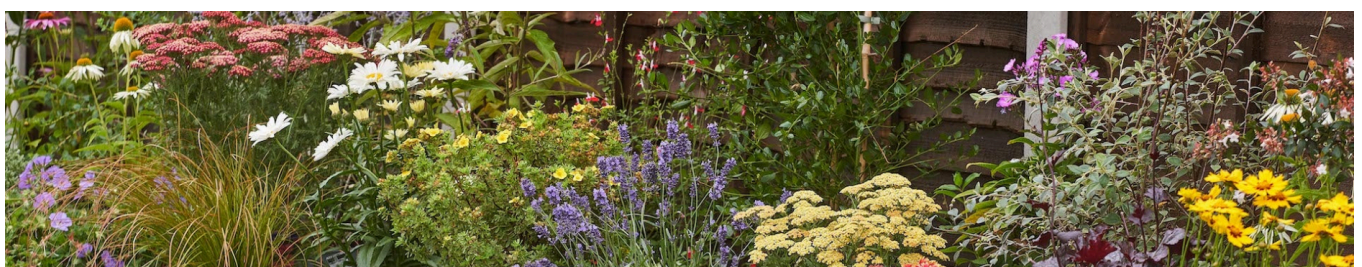
Settle around the border if that works or move inside for a story 'Teamwork is key' all about Bertie the Bee. This story is all about teamwork and will reinforce the skills the children have been practicing throughout the session.



CLOSE

This is just the start of GROW, THRIVE, BLOOM, but we hope this first session has been fun and has set the tone and expectation for this resource. Over the course of the year there will be plenty of opportunity to garden and as the children work on the border they will develop some excellent gardening skills, whilst also learning about feelings and how we build the foundations of good wellbeing from a young age.

Remind the children that this is their space and that their hard work will reap lots of exciting rewards in the coming seasons. They will get to see the plants grow and change and will be able to see a whole load of insects and minibeasts make the border a home. We hope that you will enjoy this resource and that you will see both your School Border and the children you support, grow, thrive and bloom.



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ON A ROLL**