



# **GROW, THRIVE, BLOOM**

## **AN INTRODUCTION**

### **A BIG THANK YOU**

First and foremost, a big thank you for purchasing this programme, and joining us on our mission to connect children and young people with nature and help them to nurture strong mental health. Our passion is gardening and our company seeks to help everyone to create a beautiful garden space in their setting because we know that connecting with nature matters. For years we have wanted to bring this passion for gardening into schools and bring it to the masses, to give children and young people the chance to get back to nature, through gardening. We also recognise that children and young people are facing a mental health crisis and that new and innovative ideas are needed to address this. We believe gardening is a wonderful way to feel grounded and peaceful and helps promote positive wellbeing. But we felt we could do more than that too, which is why **GROW, THRIVE, BLOOM** was created. Our programme seeks to teach essential wellbeing skills by linking gardening activities to mental health topics. Our hope is that not only will this make these skills memorable, but that it will also bring a fresh perspective on core mental health principles. Thank you for joining us on this mission. We can't wait to hear all about your school's experience!

### **WHY GROW, THRIVE, BLOOM?**

Fundamentally, because that is what we want this programme to bring to your schools, your children and young people, and your staff.

#### **GROW**

We want children and young people to grow in their understanding of positive wellbeing, as they explore, discuss and dig deeper into these topics.

#### **THRIVE**

We want them to put these principles into practice and for them to be empowered and released to fulfil their potential.

#### **BLOOM**

A border in bloom brings positive change to everything around it, supporting eco systems, the environment and bringing joy to all who see it. In the same way we want the children and young people to bloom where they're planted, and bring positive change to everything around them.

Over the course of the year and beyond you will see your school border grow, thrive and bloom and, in the same way, we hope the children and young people will grow, thrive and bloom too.

# MAXIMISING YOUR PROGRAMME

We recommend using this programme in small groups. This not only allows all the children and young people to have plenty of hands on gardening opportunities, but it also encourages strong rapport between the group, which will enable you to foster an environment of vulnerability, trust, openness and support. This means that you can also get an understanding of how each individual is and how best you can help them to nurture strong mental health.

Make the most of GROW, THRIVE, BLOOM by having multiple groups working through the programme each year. Each of the sessions are focused on a gardening task ie. watering, pruning etc. These tasks need to be repeated frequently throughout the year so having multiple groups working through the programme means you keep your plants healthy and your border looking great, and also ensure that as many children and young people as possible get to engage with GROW, THRIVE, BLOOM.

Get stuck in! The heart behind this is to get children and young back to nature so make sure they get the chance to really own their school border. Guide and facilitate the gardening tasks, but encourage them to get stuck in. This will create real ownership of the space and will mean they really get the benefit of gardening. In the same way, get stuck in with these topics and open up conversation about mental health. Each age range has been carefully considered and the content shaped for preschool, KS1, KS2 and secondary, so utilise this and help the children and young people to really explore, discuss and consider the topics each session. The more you can be vulnerable and authentic about wellbeing, the more they will feel able to share too. At this point it is important to say that these topics may bring things to the surface for the children and young people, so be aware of your schools safeguarding policy and ensure you follow it as you run this programme.

## HOW TO USE

This programme has been made with busy teachers in mind. Every session is fully planned and ready to implement. All the materials you need for each session are grouped together, so all you need to do is read it, gather your equipment and simply facilitate the session. Each session has a guide to help you structure the session and includes an opener, video teaching (or gardening guide for preschool edition), gardening activity and reflection activities. Preschool edition and KS1 even have some stories we've written to help unpack wellbeing topics in an age appropriate way.

You can use the session as you see fit. Either work through it all in one session or you could choose to break it up and do it in smaller parts over several weeks. Each session has more than enough material, so you will not be short of ideas to do with you group. The sessions include games, activities, worksheets, videos and more to really help engage and enthuse every learning style.

Access the whole programme via our website and use your unique authentication code.  
[www.gardenonaroll.com/pages/schools-portal](http://www.gardenonaroll.com/pages/schools-portal)

# TELL US WHAT YOU THINK

As you can tell, we are really excited about GROW, THRIVE, BLOOM and we would love to hear how your school has found the programme! We would love you to send us pictures of your school's border flourishing and your gardening experiences in action. Please do tell us all about how your children and young people have engaged with the sessions. Feedback is really important to us as a company because we want to keep improving and ensure our customers get the best experience possible.

Don't forget you have access to loads of plant care guides and advice included in GROW, THRIVE, BLOOM but we are always happy to help, so do keep in touch.

[support@gardenonaroll.co.uk](mailto:support@gardenonaroll.co.uk)

[www.gardenonaroll.com](http://www.gardenonaroll.com)

## AND FINALLY...

Have fun facilitating this programme with your children and young people. A garden is a beautiful thing and we hope that your school border will be a place of belonging, conversation and a whole load of fun! Your role as facilitator is so important. You have the privilege of digging deeper into wellbeing principles and helping your children and young people to nurture strong mental health. You matter! You are bringing positive change by doing this and you are best placed to help these children and young people to feel empowered, equipped and invigorated to grab life with both hands. Enjoy the process and be expectant to see them GROW, THRIVE and BLOOM!

Go luck wih your border!

# GARDEN ON A ROLL

