



WHEN TO USE EACH SESSION

SEASON PLAN

GROW, THRIVE, BLOOM is made up of 7 sessions which will take you from planting up your school border, all the way through a year of gardening tasks and beyond. There is something to do in every season, so use this timetable to help you plan which season is best for each session. Each session can and should be used multiple times because the gardening tasks will be ongoing and will need to be done time and time again. This not only allows you to dig deeper into the wellbeing topics and reinforce key skills, but also means you can provide opportunities for multiple children to benefit from this programme throughout each year.

Session Title	Recommended Seasons	Wellbeing Topic
Together We Grow	Anytime between Feb - Nov.	Teamwork and belonging
Big Feelings	Autumn Winter	Processing and expressing emotions
A Blanket of Love	Spring Autumn	Love and comfort
Senses & Stillness	Spring Summer Autumn Winter	Calming strategies and mindfulness
Share Your Cares	Spring Summer Autumn Winter	Worry and opening up
Drops of Kindness	Spring Summer Autumn Winter	Being kind and caring
Blow it Away	Spring Summer	Anger and how to express it well