healthMpowers®

# GARDENING

## BACK POCKET LESSONS

healthMpowers®

# EARTHING

## BACK POCKET LESSON

### OBJECTIVE

To have fun while absorbing earth's natural energy

### TIME

Any

### AGE

All ages

### SUPPLIES

- Moving feet
- Open land free from debris

# EARTHING

## BACK POCKET LESSON

### DIRECTIONS

1. Find an open space outside free from debris.
2. Have participants take off shoes.
3. Encourage them to run, walk, skip, or jump freely for 5-10 minutes.
4. Gather back together, and discuss what earthing feels like.

### FUN FACT

Walking barefoot promotes a deeper sleep and reduces chronic pain!

# NewsPaper Pots

## BACK POCKET LESSON

### OBJECTIVE

To make biodegradable pots

### TIME

Any

### AGE

All ages

### SUPPLIES

- An aluminum can
- Newspaper strips (as wide as the can)
- Hands to fold
- Soil

# NewsPaper Pots

BACK POCKET LESSON

## DIRECTIONS

1. Lay the newspaper strip on a flat surface.
2. Starting at one end, roll the newspaper to cover the whole can.
3. Twist and crunch any loose newspaper to create the base of the pot.
4. Remove the can and fill your pot with soil to the top, tapping to remove air pockets.
5. Plant the whole pot in the ground - newspaper is biodegradable!

## FUN FACT

Pots can last up to a month depending on the amount of watering.

# GARDEN JOURNAL

## BACK POCKET LESSON

### OBJECTIVE

To have a journal for each student to store garden observations

### TIME

Any

### AGE

All ages

### SUPPLIES

- One sheet of constrction paper
- 2-3 sheets of computer paper
- Large rubber bands
- 3 hole punch
- Sticks - 1 per youth, the size of a pencil

# Garden Journal

## BACK POCKET LESSON

### DIRECTIONS

1. Collect all materials. Have youth search for sticks the size of a pencil.
2. Stack one piece of construction paper with three pieces of white paper. Fold the stack of paper like a hamburger.
3. With the construction paper on the outside of the book, punch 2-3 holes on the side with the crease.
4. Place the stick on top of the holes, loop the rubber band through both the top and bottom holes, and then around the stick.
5. Allow youth to decorate and name their garden journals.

# WEEDING

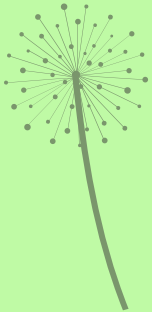
## BACK POCKET LESSON

### OBJECTIVE

To rid the garden of any unwanted plant growth

### SUPPLIES

- Optional: garden tools for pulling out weeds



### TIME

20 minutes

### AGE

All ages

# WEEDING

BACK POCKET LESSON

## DIRECTIONS

1. Identify which plants are weeds.
2. Explain that weeds should be pulled because they compete with the intended plants you are growing.
3. Pull the whole root system out by pinching weed at its base, as close to the ground as possible.

## FUN FACTS

Roots are easier to pull out right after a rain fall, when the soil is loose. Weeds grow rapidly - try to maintain your garden beds weekly.

# Garden Yoga

## BACK POCKET LESSON

### OBJECTIVE

To stretch while learning about parts of the plant and to cool down after other vigorous activities

### TIME

10 minutes

### AGE

All ages

### SUPPLIES

- Yoga/plant poses
- Your full body

# Garden Yoga

## BACK POCKET LESSON

### DIRECTIONS

1. Have youth find spots with room to move around.
2. Read this aloud, slowly:
    -You are a little seed planted in the ground.
    -With warmth and water you grow ...and grow.
    -Then, one stem pops out of the ground.
    -Your roots dig down into the earth as your leaves stretch up towards the sun.
    -With the soil holding you tight and providing you with nutrients, you stand strong!
3. Repeat step number 2.

# Seed Saving

## BACK POCKET LESSON

### OBJECTIVE

To learn about a plant's life cycle

### TIME

20-30 minutes

### AGE

All ages

### SUPPLIES

- Seed packets or paper bags
- Flower heads
- Your hands to crumble

# SEED SAVING

## BACK POCKET LESSON

### DIRECTIONS

1. Identify the flower heads (the flower-producing part of the plant).
2. Crumble flower head and retrieve the seeds.
3. Dry all seeds completely.
4. Store dried seeds in an air tight container. Place container in a fridge or cool dry place.
5. Youth can decorate the packets.

### FUN FACT

Seed packets can be sold as a part of a fundraiser.

# Bean Buddy

## BACK POCKET LESSON

### OBJECTIVE

To observe a seed germinating and plant parts growing

### TIME

5 minutes

### AGE

All ages

### SUPPLIES

- Beans or peas (from a bag of dry beans or a seed packet)
- Zip top baggies
- Paper Towels
- Water
- Tape
- A sunny window

# Bean Buddy

## BACK POCKET LESSON

### DIRECTIONS

1. Fold paper towel to make it smaller. Get it wet and squeeze out any extra water until just damp. Put it in the bag.
2. Place seed(s) in bag, touching the paper towel.
3. Close top of bag and tape it to a sunny window. Wait 2-3 days for the seed(s) to germinate. First a root will grow, then a stem and leaves. Add more water if the paper towel dries up.
4. Optional: After your bean buddy has outgrown its bag, transplant it in the garden.

### FUN FACT

Plant more than one kind of bean in the same bag and compare to see which one germinates faster or grows bigger.

# Plant Part Scavenger Hunt

BACK POCKET LESSON

## OBJECTIVE

To identify the 6 plant parts and where to find them

## TIME

25 minutes

## AGE

All ages

## SUPPLIES

- No special supplies needed
- Preparation involves checking that the garden has all 6 plant parts

# Plant Part Scavenger Hunt

BACK POCKET LESSON

## DIRECTIONS

1. Review the 6 plant parts and examples of each (cauliflower= flower, carrot= root, bean= seed, etc). Optional: Use the "Roots, Stems, Leaves" song by the Banana Slug Band on YouTube.
2. Split students into 6 teams and assign each team a plant part. They must find 3 examples of their plant part in the garden.
3. If your garden has no fruits/vegetables they can pick, bring some and hide them around. For example, hide some squash for the fruit team, hide some nuts for the seed team.
4. Allow each team to share: What did we find? Was it above or underground? Can we eat the plant parts we found?

## FUN FACT

Botanically, the fruit is the part of a plant that contains seeds. Some of our favorite vegetables are actually fruits, such as tomatoes & pumpkins!