



A-Z of Activities

Gardening

You don't need a sunny day and a big garden or greenhouse. You can carry out many gardening projects indoors and link them to other activities.

See the checklist for gardening activities

What the activity can do for the residents	What do you need?	What to be aware of
<p>Movement – sitting, standing, walking, bending, stretching, balance and coordination, mobility and strength, manual dexterity.</p> <p>Sensory – enjoy scents, movement and touch, to see plants in bloom, to hear birdsong and other outdoor sounds, and to taste the fresh produce.</p> <p>Emotional – enjoyment of a familiar pastime, creativity, nurturing and sense of achievement.</p> <p>Cognitive – orientation, understanding instructions, remembering, sequencing, concentration and learning.</p> <p>Social – interaction and communication, having fun.</p>	<p>Facilities A range of gardening tools – both standard and specialised. For example, long-handled or with easy-to-hold grips.</p> <p>Protective clothing and headwear, including gloves and sunhats.</p> <p>If gardening indoors, use an area that has access to water, and is easily cleaned.</p> <p>If gardening outdoors, consider access, layout, path composition and gradient, handrails, shelter and water supply, access to a greenhouse, frame or conservatory.</p> <p>Consider storage and security – particularly for expensive and/or potentially dangerous equipment, as well as chemicals.</p> <p>Staff/skills It helps to have some gardening knowledge. Find an expert in the home, a resident, a member of staff or a volunteer.</p>	<p>As gardening is primarily a physical activity, you must be aware of any medical conditions that could affect a resident's performance. For example, bending over can cause dizziness.</p> <p>Some people may find it difficult to reach the soil. This can be overcome by using one or a combination of the following:</p> <ul style="list-style-type: none"> • 'Raise' the ground – for example, build raised beds or pots and tubs as containers. • Sit down to garden – allow knee space in order to avoid too much twisting / bending. • Use a kneeler stool with arms to assist getting up or down. • Use long-handled tools. <p>Remember that it is better to work for several short periods on a variety of tasks with rest breaks. This relieves boredom, and exercises different muscles, thereby preventing stiffness.</p>



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Gardening activities

Tasks and activities include:

- Planting bulbs – indoors and out.
- Growing plants from seed: sowing, pricking out, planting on and planting out, as well as watering and tending.
- Propagation of cuttings.
- Growing plants from pips and fruit or vegetable seeds.
- Bottle gardens and windowsill projects (for example, mustard and cress novelties).

Many other activities can be linked into gardening; for example:

- Drying and preserving flowers.
- Producing flower collages/cards.
- Flower arranging.
- Drying petals for potpourri or lavender bags.
- Potato/leaf printing.
- Sensory stimulation through the smell, look, feel and taste of plants, fruit and vegetables grown and harvested.
- Cooking - for example, making chutney.