



Grow Well

Find accompanying resources and
how-to guides on our website
schoolgardening.org.uk/GrowWell

Share your experience and ideas with the
Grow Well community using **#GrowWell**

Share me with your groups then recycle
me or pop me on the compost heap!





Connect

Sit back, and take it all in, by gathering your group for some mindful time.

Connect with nature and each other. Take a breath and pay attention to the world around you. What can you hear and see that you hadn't noticed before?

- Capture your calendula growing journey. You could get together for a painting session outside or, start a photography competition in your school, group or community.
- Noticing the sights and sounds of nature can help us to feel more connected to our environment. Take a moment together to notice the nature close to you.
- If you and your group can't get to your local greenspace, listen to this nature sound scape to be transported to a garden.



You can find instructions for all the activities mentioned here on our website.

It can be easier to talk when your hands are busy, combining talking with planting and weeding is a great way to connect and ask others how they are doing.

