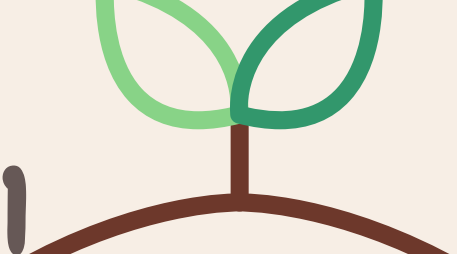


Mindful Gardening 101

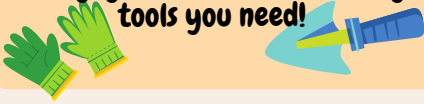


Mindful gardening can be a useful tool you can use to focus on the present moment, relieve stress, and create a sense of empowerment. Try and use your five senses throughout the gardening process.



Quick Tips

Often, local dollar stores sell gardening tools and seeds. If you don't mind getting a little dirty, your hands are the only tools you need!



There are no rules for the right kind of container. A container is just something that can hold soil and has holes in the bottom to let water out.



If the soil you have available isn't the best, you can add nutrients with veggie scraps, old coffee grounds, or broken eggshells.



Seed packets provide important information like: sunlight needs, depth of planting, watering frequency etc. You can also start growing plants from cuttings. Just place them in water for a week or two to sprout roots!



Different plants need different amounts of light! There are plants you can grow that do well in the shade.



1. Choose the seeds that you'd like to plant. Once you open the package, make some observations! What color are the seeds? What's their size or shape? Take a moment to describe them to yourself.

2. Dig up the soil to make room for the seed. Notice how the soil feels in your hand. Is it warm? cool? moist? dry?

4. Try to water your seeds once a day. Seeds need to be moist but not too wet. Do your best to not let the soil get dry!

3. When placing the seed in the dirt, make sure there's not too much soil on top of it! You can use this time to continue practicing mindfulness. How does the soil smell? What else do you smell in your environment?

5. You can continue reflecting and observing throughout the growing process by keeping a gardening journal. Try keeping track of what you're growing, how you're feeling after, etc. Try including pictures, drawings, or even pressed flowers and leaves inside!