



new roots

## HORT THERAPY MODULE # : DRAFT

TOPIC / TITLE

## Healthy People & Plants

PRIMARY LEARNING OBJECTIVES

Participants will:

- Learn the elemental needs of a plant to maintain health
- Learn basic needs of people to maintain physical and emotional health
- Understand specific needs of a newly transplanted plant
- Make connecting between the periods of stress that occurs when plants or people are moved into and new environment and the type of care that can help it through that stress.
- Build community through sharing seeds and transplants into each other's garden beds?
- Learn where they can access resources to help

TIME FRAME OF TRAINING

1 – 1.5 hours

PROGRAM STRUCTURE

Group activities, visuals and discussions

SIZE OF CLASS / SESSION:

**ADAPTABLE**

INTENDED AUDIENCE	Ages 6+, Proficient English Speakers(unless translation available), Refugees, All Levels of Experience with Plants & Gardening
RESOURCES AND MATERIALS NEEDED TO CONDUCT THE SESSIONS	<p>For Participants:  Plant to be transplanted  Water  Plot to transplant plant to</p> <p>Materials Needed for Trainer:  Plant to show how to transplant  Water  Plot  Pictures to use for visuals</p>

**What is this training about?**

Participants can learn how to properly transplant a plant into a new environment and learn how this process may relate to their own experiences of relocating in life.

**Why is this training needed?**

This training provides a way to talk about self care, care for family, and encourage self sufficiency and self-esteem by giving tools for taking some of their own/family's health into *their own hands*.... [edit]. Participants will also be given the opportunity to identify tools, practices, and activities to relieve stress through discussion topics provided below.

**Proof of learning:**

Gardners will be able to demonstrate how to transplant a plant and also be able to identify the added stressors plants may experience from transplanting as well as know selfcare techniques to help with their own stressors.

**Required / Helpful background knowledge**

No prior knowledge is required to participate in this workshop.

### **Explicit Skills:**

Learning how to transplant

Learn selfcare practices

### **Key concepts:**

- How to Transplant
- How transplanting can relate to life experiences

## **AGENDA**

1. **Introduction to Transplanting Presentation** – (10-20 minutes depending on how much you decide to engage the audience)

What is transplanting?

Have you ever transplanted before?

2. **Transplant Demonstration** – (10 minutes)

Transplanting a plant on a small demonstration plot

3. **What can we learn about ourselves from transplanting?** - (10-20 minutes)

How do plants respond to the new environment? Why might transplanted plants need more time to adjust? How are people similar in this aspect and how can we care for ourselves in these situations?

4. **Transplant yourself activity** - (10-20 minutes)

Allow participants to try and transplant themselves and offer help if needed.

## **INTRODUCTION TO TRANSPLANTING**

Today we are going to be learning about transplanting and some selfcare through transplanting.

Self-care is activities or practices that help you improve your well-being or health. Transplanting is taking a plant start, or a baby plant that has already grown out of its seed, and moving it from one bed to another.

In order to transplant a plant, we will need the same materials as if we were planting a seed but it may require more care and attention. One reason we may transplant instead of using a seed is that transplants can be more resistant to pests since they are more mature and insects love seedlings. Another reason why we may transplant is because it can allow us to start planting earlier while weather transitions, by starting a seed indoors and then transplanting outdoors when it is the right temperature.

Often transplanted plants will experience transplant shock which means they will not root very well. This can cause them to wilt after they are transplanted and need to take some time to adjust to their new environment. Some other signs of transplant shock are discoloration and leaves or fruit falling.

Transplanted plants may need some extra attention to ensure they are getting enough sunlight and water so that it can start to thrive eventually.



### **ACTIVITY 1: Transplant Demonstration**

We are going to take a starter and plant it in a demonstration plot.

1. Prepare the plot, make a place to put the start
2. Place the start in the prepared spot
3. Make sure it has been well planted and water it if necessary

### **ACTIVITY 2: Plants and people**

When transplanting a plant, it's important to keep in mind that the plant will need time to adjust to its new environment and might not thrive at first due to the stress of the change.



How might we be able to relate to this? When we as people change environments, it can add stress on us as well and we may require some extra patience and care before we can begin to thrive. What are some things that might be stressful about moving to a new place? Stress can look like lots of different things, it can look like trouble eating or sleeping, feeling nervous or anxious, or being irritable or sad. Do you know what your stress often looks like? Just like transplants can need extra shade or water we may need extra self-care to cope with the stress of change. If you are feeling stressed you may need to take time to do activities that feel relaxing and calming, this can be anything from listening to music, or going for a walk, or spending time in the garden.





Have any of you done anything to help destress when going through an environment change?

Have you been patient and gentil with yourself? Just like we need to be gentil with our transplants we need to be sure we are being gentil with ourselves.

### **ACTIVITY 3: Transplant Yourself**

Participants can plant their starters in their garden beds.

What did you learn today that you felt you related to? How do people and transplants respond to new environments?

Do you think this lesson is helpful? Would you share this information with others?