

THERAPEUTIC BENEFITS

 PROPAGATION	 DIGGING	 PRUNING	 PLANTING	 WEEDING AND BED CLEARANCE	 LAWN MAINTENANCE	 WATERING	 HIGHGROUND AREA	 HARVESTING FRUIT, VEGETABLES AND FLOWERS	 WILDLIFE CONSERVATION	 FARM SHOP
FINE MOTOR SKILLS DEXTERITY GRIP STRENGTH HAND-EYE CO-ORDINATION PROPRIOCEPTION SENSORY AWARENESS PATIENCE CONCENTRATION ATTENTION UNDERSTANDING AND FOLLOWING INSTRUCTIONS DISCRIMINATION DECISION MAKING LITERACY NUMERACY STANDING TOLERANCE/ BALANCE (IF DONE IN STANDING) TEAMWORK (IF DONE IN SMALL GROUP)	GROSS MOTOR SKILLS STANDING TOLERANCE BALANCE BENDING STAMINA EXERCISE UPPER AND LOWER BODY STRENGTH BUILDING PROPRIOCEPTION STRESS BUSTING IMPROVED SLEEP CONCENTRATION	FINE AND GROSS MOTOR SKILL DEXTERITY GRIP STRENGTH HAND-EYE AND GENERAL CO-ORDINATION, STANDING TOLERANCE AND BALANCE BENDING PROPRIOCEPTION EXERCISE CONCENTRATION FOLLOWING INSTRUCTIONS ATTENTION PATIENCE PLANT IDENTIFICATION LEARNING A NEW HORTICULTURAL SKILL SENSORY AWARENESS	FINE AND GROSS MOTOR SKILLS GRIP DEXTERITY LIFTING SENSORY AWARENESS DECISION MAKING PLANT IDENTIFICATION AND KNOWLEDGE FOLLOWING INSTRUCTIONS PATIENCE STANDING TOLERANCE BALANCE (IF DONE IN STANDING)	FINE AND GROSS MOTOR SKILLS GRIP DEXTERITY HAND-EYE CO-ORDINATION LIFTING EXERCISE BALANCE STANDING TOLERANCE BENDING SENSORY AWARENESS DECISION MAKING PLANT IDENTIFICATION CONFIDENCE PATIENCE DISCRIMINATION	GROSS MOTOR SKILLS STANDING TOLERANCE BALANCE UPPER BODY STRENGTH EXERCISE STAMINA MOBILITY GRIP ATTENTION CONCENTRATION	LIFTING UPPER BODY STRENGTH GRIP MOBILITY STANDING TOLERANCE BALANCE PLANT IDENTIFICATION JUDGEMENT DISCRIMINATION FOLLOWING INSTRUCTIONS	CONCENTRATION, MEMORY, LEARNING NEW SKILLS PLANT KNOWLEDGE STANDING TOLERANCE BALANCE GRIP UPPER BODY STRENGTH	PLANT IDENTIFICATION SENSORY AWARENESS SOCIAL SKILLS GRIP HAND-EYE CO-ORDINATION STANDING TOLERANCE BALANCE BENDING (SEE FARM SHOP)	CARING FOR THE WIDER ENVIRONMENT SOCIAL INTERACTION LEARNING NEW SKILLS FOLLOWING DIRECTION INFORMATION PROCESSING MEMORY DEXTERITY CREATIVITY	SOCIAL INTERACTION TEAM WORK COMMUNICATION LITERACY NUMERACY PLANNING ORGANISATION CONFIDENCE PLANT KNOWLEDGE

HORTICULTURAL TASKS

All the below tasks have the additional spiritual and psychological benefits of: [improving sense of wellbeing](#), [lifting mood](#), [having fun](#), [offering a sense of purpose](#), [hope and achievement](#).



LIFTING AND DRYING SPRING BULBS/STAKING INDOOR BULBS



PREPARING BEDS FOR PLANTING



SEED SOWING



POTTING ON/PLANTING OUT MOST VEGETABLE CROPS AND BEDDING PLANTS



MAKING HANGING BASKETS: FLOWERS AND EDIBLE PLANTS



PRICKING OUT: TRANSPLANTING YOUNG SEEDLINGS



DIVIDING HERBACEOUS PERENNIALS E.G. HOSTAS, LUPINS



DEAD HEADING/PRUNING



TAKING CUTTINGS E.G. FUCHSIAS, DAHLIAS, GERANIUMS, AND HERBS



LAYERING STRAWBERRIES



WATERING AND WEEDING



STARTING LAWN MAINTENANCE AND EDGING



MAKING ORGANIC PLANT FOOD E.G. COMFREY AND NETTLE FERTILISER



CONSTRUCTING PLANT SUPPORTS



PROVIDING CROP PROTECTION



USING THE SENSES TO IDENTIFY PLANTS



WOODLAND CRAFTS E.G. SEASONAL WREATH MAKING



EVENT EASTER

SPRING



SEED SOWING E.G. WALLFLOWERS, PRIMULAS, SWEET WILLIAM, PANSIES, TURNIPS, CONTINUATION OF SALAD CROPS



PRICKING OUT: TRANSPLANTING YOUNG SEEDLINGS E.G. WALLFLOWERS AND SALAD CROPS



EARTHING UP POTATOES



TAKING SEMI RIPE CUTTINGS E.G. ROSES, HEDGING PLANTS



DEAD HEADING I.E. REMOVING DEAD FLOWER HEADS FROM PLANTS



TOMATO/CHILLI MAINTENANCE E.G. TYING IN AND PINCHING OUT SIDE SHOOTS



GENERAL PRUNING



WATERING/ FEEDING



PROTECTING CROPS



HARVESTING CROPS



WEEDING



HEDGE/ GRASS CUTTING AND SEED SOWING



GENERAL GARDEN PROJECTS



USING THE SENSES TO IDENTIFY PLANTS



WOODLAND CRAFTS E.G. SEASONAL WREATH MAKING



EVENT SUMMER FETE

SUMMER



SEED SOWING OF VEGETABLES AND FLOWERS E.G. GREEN MANURES, BRASSICAS (CABBAGE, BROCCOLI), BROAD BEANS, WINTER SALADS, SWEET PEAS



SEED SAVING



SAVING DRIED FLOWERS



BULB PLANTING



PLANTING WINTER BEDDING



GENERAL PRUNING



TAKING CUTTINGS E.G. ROSEMARY, LAVENDER, DOGWOOD, MAGNOLIA, YEW



HARVESTING AND STORING CROPS



LAWN MAINTENANCE E.G. SCARIFYING AND SOWING



GENERAL CLEARANCE AND TIDYING



MAKING LEAF MOULD



MAKING WINTER HABITATS FOR WILDLIFE



CLEANING AND PAINTING SHEDS



PREPARING GREENHOUSE FOR WINTER



POT WASHING



MAKING DRIED CHILLI AND ONION PLAITS



USING THE SENSES TO IDENTIFY PLANTS



WOODLAND CRAFTS E.G. SEASONAL WREATH MAKING



EVENT HARVEST FESTIVAL

AUTUMN



SEED SOWING E.G. BROAD BEANS, PEAS, CHILLIES, TOMATOES, SNAPDRAGONS AND PETUNIAS



PRICKING OUT AND POTTING ON OF EARLY SOWINGS E.G. CHILLIES, PETUNIAS



CHITTING POTATOES



FORCING AND PLANTING WINTER BULBS E.G. HYACINTHS, NARCISSUS



DIVISION OF PERENNIALS



TAKING GERANIUM CUTTINGS



FRUIT TREE PRUNING AND GRAFTING



SOFT FRUIT PRUNING AND TAKING CUTTINGS E.G. BLACKCURRANTS, GOOSEBERRIES



ROSE PRUNING AND MULCHING



CUTTING BACK ORNAMENTAL GRASSES



DIGGING, MULCHING AND FERTILISING



REVIEWING SEED STOCKS



TURNING COMPOST



TIDYING PLANTS IN GREENHOUSE



TIDYING GREENHOUSE AND SHEDS



FEEDING THE BIRDS



USING THE SENSES TO IDENTIFY PLANTS



WOODLAND CRAFTS E.G. WREATH MAKING, WINTER BROOMS



EVENT CHRISTMAS

WINTER