

Top Tips.

Nature – Cutting Activity

Seeds aren't the only way to grow plants. Basic propagation methods, such as cuttings, work well for most. Cuttings are bits of plants that are chopped off, then rooted in a growing medium (such as potting mix).

2. Water & Pot

- Change water once per week and leave in a sunny place
- Once the mint stems have developed roots (this will take a couple of weeks), put in a pot and the add a bagged and sterilised general potting compost.

➤ *This activity can be done with many herbs and could support residents to develop their own indoor herb garden. Therefore leading to a sense of achievement.*

1. Source & Cut

- Get a bag of mint, or a mint plant, from a supermarket
- Take individual stems of mint, and strip lower leaves off, leaving the top 3-4 leaves on the stem.
- Cut across the bottom of the stem (just below where a leaf was attached to the stem)
- Place cut stems in glass or vase of water –ensuring the top leaves are above the waterline

Adaptations

- Break the activity down to the senses to ensure inclusivity to all.
- Smell – smell the different herbs to encourage and evoke memories. Herb bags could be created to support this.
- Taste – taste the herbs with different foods, for example add to butter or sprinkle on chips.
- Visual - create a herb tree in the garden focusing on different shapes.
- Touch- wrap & tie the herbs in string to support, residents to hold and touch.