



Gardening Projects

Did you know there are many benefits for not only you but also for your kids to get out into your backyard?

Many people think gardening is an adult activity, but gardening is a wonderful way to let children enjoy fun, nature play whilst also learning important knowledge and skills.

Project ideas for your backyard include:

- Reusing household items such as plastic bottles to become plant holders
- Using old wellies your kids have outgrown, poke a few drainage holes in the bottom, fill with some compost, plant flower seeds and watch them bloom
- Letting a small section of your garden over grow, this will leave space for wildflowers and insects
- Making your own compost which will naturally enrich your soil (only use raw food)

Gardening helps relieve stress for adults and helps kids understand the importance of looking after the environment, with many other benefits too - so get outdoors!

