

Activity: Growing memories

Introduction

This is bulb planting with a twist! Paints, images and textures that reflect memories associated with being outdoors are used to decorate a pot in which the bulb is planted. Memories are written onto 'flags' which are planted in the pot and act as an 'aide memoire'.

Materials required:

Pot decorating:

- 1 empty plant pot (washed and dried) – any size you like
- Can of spray paint (a light coloured car spray paint is ideal)
- Paints (small tester pots or any leftover tins are useful)
- Small brushes
- Scraps of material
- Outdoor images from magazines (e.g. landscapes, activities, wildlife, plants etc)

Bulb planting:

- Bulbs of your choice (the bigger the pot the more bulbs you can put in)

Memory flag:

- Plain piece card – A6 size
- Hole punch/sharp pencil
- Small garden cane
- Pen

How to:

1. Spray the pot all over with the spray paint. You will then need to wait several hours for this to dry, you may want to take this into account when planning this activity. This is best done outside or in a well-ventilated area if it's a bit windy. Once it's dry you can paint your memories on the outside of the pot.

2. Think of a memory that you would like to decorate your pot with. It can be about a place or a person or an activity associated with being in an outdoor place.

3. Use the paints, materials and images to represent this memory around the pot. It's about expressing what you remember about that particular time spent outside, so let the creativity flow.

4. When the paint is dry you can plant the bulb. There's 2 ways you can do this:



- Fill the pot with the compost to the rim, make a hole for the bulb using your finger, plant the bulb and cover the hole over
- Fill the pot up to the depth that the bulb should be planted, pop the bulb on top of the compost and then cover over with the rest of the compost to the rim of the pot. You choose which way you prefer to do it



NOTE: Make sure the roots on your bulb are facing down. This usually means that it's the "pointy end" that needs to face up! Not all bulbs clearly show which is top or bottom so if you're not sure, plant the bulb on its side.

5. Take the plain piece of A6 card and write a short description of the memory on it.

6. Punch two holes in the short side of the card (or use a pencil to make the holes) and slide the garden cane through the holes to make a flag and plant it in the pot.

TIPS - Planting several bulbs together provides a wonderful group display or you may want to plant one bulb that produces a 'show-stopper' plant.

Once the plant shows above the soil you have the option of transplanting the flower into a garden bed or border. In doing this you've created 2 activities out of one – what a bargain!





Sensory Trust promotes and supports the creation and management of outdoor spaces that can be used and enjoyed by everyone, regardless of age or ability.

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