**Program Plan: Seed Planting**

Date:

Objective: *(For participants with vocal skills and/or controlled fine motor movement)*

To engage in the sensory activity of seed starting, with reminiscing of past garden pursuits.

Goals:

1. The participant will practice fine motor skills through the process of seed planting, planting at least one seed tray of 6, with prompting from the therapist.
2. The participant will vocalize one horticulture related memory, in response to therapist prompt question, by the end of the program.

Program Length: 35 minutes

Staff: Horticulture Therapy Intern

Location: Floor patio, preferably; or activity nook

Process:

* HTI to review list provided by company staff and speak to Nursing & Recreation staff about status of each participant as of that day. Also inquire re: allergies.
* HTI to set up space for therapy, including table, chairs, plant material, cleaning material (broom, table cloth, aprons, gloves) and removing external distractions such as noise or clutter
* HTI to fill basins with soil for accessible reach for each participant
* HTI to lay out egg carton and spoon at each participant spot
* HTI porters participants to program area
* When all participants are gathered, HTI introduces self and HT
* HTI asks each participant to introduce themselves and share a vegetable they grew
* HTI to begin reminiscing discussion regarding veggies, asking prompting questions such as:
  + What kind of vegetables do you see in most gardens?
  + What kind of vegetables grow in the wild on Vancouver Island?
  + What kind of vegetables are grown for a salad?
  + What kind of vegetables can you pickle/ can?
  + What kind of vegetables grow through the winter?
* HTI to present the seeds available for planting, asking participants to choose one or two to grow
* HTI pours out seeds onto small white plate for each participant
* HTI to encourage planting, providing instructions to use spoon to fill each egg slot about ½ full with growing medium, insert seed, and water gently
* HTI to help create labels for each vegetable
* HTI promotes reminiscing discussion throughout task, asking participants about the experience
* As participants wrap up, HTI to help ‘tidy area’ and promote a transition into trivia
* HTI offers water in cups for hydration
* HTI to facilitate gardening trivia (See Appendix 2-1)
* HTI thanks participants for involvement, noting physical and cognitive practice success
* HTI asks evaluation questions: **Did you enjoy this Horticulture Therapy program today? What did you enjoy?**
* HTI helps porter participants to rooms or common areas
* HTI records evaluation and participant attendance
* HTI tidies up program, leaving space used tidy and organized

Adaptations for varying levels of success: Hand over hand support may be needed to place seeds, seed may need to be placed in hand of those with visual impairment, provide plenty of affirmation and patience, large handled measuring cup or large handled spoon for gross motor movement of filling pots with soil, foam added to spoon handle if grip is impaired to enlarge handle, pelleted seeds to ease visual and fine motor strain

Materials Needed: seeds and seed packages, growing medium, 8 egg cartons (per group- 24 total), plant labels, sharpie marker, plant trays (for transport), tablecloth, broom, watering can x3, spoons and small gardening spades, aprons, basins, **small white plates for seeds**

Special Notes: Use coated seeds if possible for better grip and visual success, pour soil into basin within reach of each participant

**EVALUATION AFTER PROGRAM:**

* **++ Egg cartons were successful as seed trays**
* **Seeds must be laid out on contrasting background, small seeds such as dill and carrot are not appropriate without an adaptive device**
* **Make sure soil is moistened prior to filling seed trays! It will not work well to moisten after.**