**Kelsey Berta**

**Horticultural Therapy Activity Plan**

**Group Name:** Energy Seizing Nursing Group **Session Date:**

**Program Model Type**: Therapeutic

**Goals:**

* Learn how to care for plants
* Relax
* Be productive

**Methods/ Activity Summary: Plant in raised beds**

Place raised beds and plant seeds to give clients a sense of purpose. It is easy to get caught up in the day-to-day life or sometimes feel down and these raised beds should be an escape from the world. Planting is therapeutic and rewarding. How to keep a clean and crisp garden will be discussed.

**Supplies:**

* Wooden/Plastic raised beds
* Soil
* Variety of seeds
* Watering device
* Fertilizer
* Hand trowel

**Procedure:**

How to plant seeds and place soil in beds will be demonstrated

* Place raised beds in sunny, convenient area
* Fertilize the soil and water in until soil is moist
* Each client gets their own bed and can choose which seeds they want to plant
* Create hole 3 times the diameter of seed and water in seeds