

## **Gardening activity suggestions**

Remember gardening activities are suitable for any age or ability – it's a case of adapting the activity to suit the likes and abilities of those taking part. Enjoy!

### **Appreciating the garden and nature**

Being still and listening

Looking, smelling and touching

Do nothing

Sit & relax

Lie down on grass (or on a blanket)

Walking – by moonlight, torchlight, in the day

Use electric scooters for garden 'walk' (on solid paths)

Walk barefoot in the grass

Dip toes in paddling pool, water feature- dip fingers into the cool water on a hot day, break the ice in the winter

Star watching (deckchairs, binoculars, hot chocolate)

### **Plant growing and maintenance**

Sowing seeds

Thinning out seedlings

Planting out seedlings, plug plants, larger plants and shrubs

Potting up

Transplanting

Watering

Raking

Deadheading

Grass cutting

Hedge trimming

Pruning

Topiary (create all sorts of plant sculptures)

Weeding

Edging

Sweeping

Tidying

Mulching

Leaf mould making

Composting

Wall repair

Rubbing down, repair, re-painting  
Recycling

Sunflower growing competition (with prizes)

### **Harvesting what you and nature grow**

Dig the tatties

Harvesting fruit, veg

Pick flowers

Eat produce on the spot

Shelling peas

Grow flowers to eat (nasturtiums, pansies) and eat them!

Herbs are excellent plants for – growing, tasting, smelling, cooking and eating

Collecting seed pods (store them and sow seeds next spring)

Picking brambles in Autumn (e.g. out in wheelchair – wrapped up well)

### **Crafty ideas**

Making pest deterrents from cd's, silver foil and string – hang above seedlings, veg to keep birds off

Clear containers (e.g. plastic drinks bottles) filled with water to act as reflectors /mirrors to scare cats.

Weed killer from rhubarb leaves- tear up leaves, soak in water until mushy liquid, strain off liquor and use as weed killer.

Flower arranging, drying, pot pourri (!)

Painting (fine art)

Wood carving

Willow weaving

Recipes – inspired by food growing and conversation- create a recipe book of favourites

Take photographs in the garden (create an album)

Chat to other gardeners

Collect garden facts and nature lore

Label plants/seedlings with photos, pictures & information

### **Food and socialising**

Picnic

Afternoon tea

Rhubarb stalks & dip in sugar (mmmm yum!)

BBQ

Garden games - bowls, boules, croquet, hoopla

Table for games e.g. chess, dominoes, cards

Provide a table and chairs for any activity

Invite guests into your garden for an occasion or a casual walk or to take part in a gardening activity

Egg hunt

Treasure hunt

Provide a play area for children  
Hang out the washing  
Build a snowman

### **The wild side**

Feed wildlife e.g. birds  
Grow plants that provide food for birds and insects  
Provide shelter for wildlife e.g. insect hotels, hedgehog houses, bird nesting boxes

Spring -watch out for birds building nests in (beaks full of nesting material – grass, twigs and moss)

Summer- the arrival of swallows and swifts

Autumn/winter – geese flying in V formation in the sky

Take part in national wildlife watching days/projects e.g. RSPB Big Garden Bird Watch for details <http://www.rspb.org.uk/birdwatch/>

Contact your local wildlife ranger service and arrange for them to visit and provide for suggestions and resources to support outdoor and wildlife activities in your garden.

See the Trellis factsheet 'Adaptive Gardening' for more ideas on how to adapt gardening activities <http://www.trellisScotland.org.uk/factsheets>

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