



## Plant Care

Filling your environments with plants scientifically Improves Wellbeing. It's not only visually pleasing but plants release oxygen back into the atmosphere and is proven to reduce stress and increased pain tolerance.

Caring for a plant also gives a person a sense of belonging. It gives the individual a responsibility for the caring of something can bring a new sense of focus and purpose to their lives.

### You will need:

- Plants
- Watering can
- Duster
- Plant food
- Spray bottle
- Pen and Paper
- Marker
- Lolly stick

### What you do:

- Succulents are an easy houseplant to care for, they need little attention and are very hardy plants which can survive long periods without water.
- Other house plants are Bamboo, Staghorn Fern , Spider Plant, Ivy, Pothos, Tradescantia.
- Create an area where most of the plants can be displayed.
- Using the pen and paper make a wall planner of when the plants need to be watered.
- Place some plants around the care setting to encourage physical movement.
- Using the lolly stick and markers, write the name of the plant and the day it needs to be watered. This should stop the plants from being over watered.

**Top tip-** Make decorative pots for the plants to be displayed in!

If you would like to discuss the information included in this resource, please call the NAPA Supportline; our free and confidential activity support service.

