



Growing

It is important to take care when handling compost and plant materials. Hands should be washed thoroughly with soap and water after handling compost as it contains bacteria. Parts of plants such as seeds in the activities must not be eaten. Gloves should be worn to protect broken skin from bacteria from soil.

Houseplants

Caring for Houseplants has been shown to improve mood, reduce stress, increase productivity, increase reaction times, improve attention span and increase tolerance to pain.

<https://www.rhs.org.uk/plants/types/houseplants/for-human-health>

We need to care for our plants, watering them, feeding them, and providing the right conditions for them to flourish. Plants have the ability to grow from a seed, reproduce and sometimes sadly, they die. They are not really so different from people, so care for yourself by caring for a plant.

Coleus (*Coleus scutellarioides*)



Coleus can be grown as a house plant during the winter and used for a summer bedding scheme outside in the summer. It is a good plant to grow with children as it is easy to care for.

There are many varieties of Coleus with boldly-coloured and patterned leaves.

<https://www.rhs.org.uk/education-learning/gardening-children-schools/family-activities/grow-it/grow/coleus>

LIGHT: Prefers bright morning sunlight, and indirect light in the afternoons.
CARE: Prefers lightly moist soil, regular feeding with plant food, use pebbles beneath the pot never let the pot stand directly in water.
TIPS: Pinch out flowers as and when they appear to prevent your Coleus going to seed and dying. Regularly pinch out the tips of new leaf growth to keep the plant bushy.

Post your progress on our facebook page, we would love to see your plants grow.

<https://www.facebook.com/getupandgrowNW/>

Get Up and Grow promotes and supports the health and wellbeing of the local community through social and horticultural therapy, regardless of age and ability

Email us: getupandgrow@outlook.com

Website: getupandgrownw.com