



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.

Air Plant (Tillandsia)

Air plants are Epiphytes, meaning that they do not require soil to grow. They make fun and low-maintenance houseplants and can be displayed in an almost endless variety of containers and objects.

Air plants come in a variety of shapes and sizes. They look great when they are displayed on or amongst other natural objects such as wood or stone.

LIGHT: Give your Air Plant plenty of light and it will flourish
CARE: Air plants need to be in an airy environment
TIPS: To water your air plant, place it in a bowl of lukewarm water for 5 minutes once to three times per week depending upon the season. Water more often in hotter weather.



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