

Gardening Projects

Outdoor Activities



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WHAT MAKES IT MEANINGFUL

Gardening projects give participants the chance to nurture living things, fostering responsibility, patience, and a sense of accomplishment. They can choose plants, care for them, and watch their growth over time, which builds pride and connection to their environment. Gardening also supports fine motor skills, observation, and planning, while encouraging mindfulness and relaxation. Sharing the garden with others or using harvested herbs, vegetables, or flowers strengthens social bonds and provides tangible results that participants can enjoy or gift.

TIME

- 45–90 minutes per session (ongoing care over days/weeks)

MATERIALS

- Pots, planters, or raised garden beds
- Soil or potting mix
- Seeds or seedlings (flowers, herbs, or vegetables)
- Watering cans or spray bottles
- Gardening tools (small trowels, gloves, markers for plant labels)
- Optional: Decorations for pots (stickers, paint, or markers)
- Journals or sheets for tracking plant growth (optional)



Activity Title

INSTRUCTIONS

1. Set up a gardening area with all materials accessible to participants.
2. Demonstrate how to plant seeds or seedlings, water, and care for them.
3. Encourage participants to:
 - Choose the plants they want to grow
 - Fill pots with soil and plant seeds or seedlings
 - Water and care for plants regularly
 - Decorate pots or add labels with plant names
4. Optional: Keep a growth journal with drawings or photos to track progress.
5. Celebrate milestones (first sprout, flowers blooming, or harvest) with the group.

RESOURCES

- <https://www.gardenary.com/blog/20-of-our-favorite-garden-projects-before-and-after>

Activity Title

SUPPORTS NEEDED

- Assistance with lifting or handling heavier pots or watering cans
- Guidance on planting depth, spacing, or watering
- Visual step-by-step instructions or picture guides
- Encouragement to participate at their own pace
- Safety supervision when using tools

OTHER THINGS TO NOTE

- Can be adapted for indoor or outdoor spaces.
- Great opportunity to tie in lessons about seasons, plant life cycles, or healthy eating.
- Can be done individually or as a collaborative garden for the whole group.
- Plants can be used later in cooking activities, art projects, or given as gifts.
- Flexibility is key: some participants may prefer planting, others decorating, and others watering or journaling.