

## Pricking out into pots



*"This has given me the incentive to think that I can manage. I'm not as bad as I think I am."*

### Benefits:

- helps with **stretching, relaxing** and **lengthening muscles**
- helps to retain **flexibility**
- starts to build up **confidence**

✗ do **not** over stretch.

### You will need:

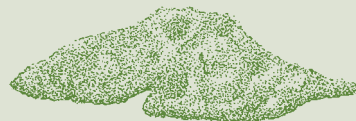
#### Small pot



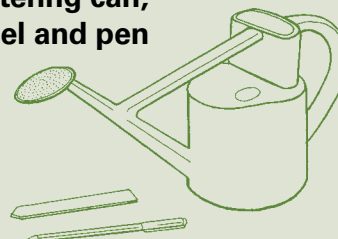
#### Seedlings



#### Compost



#### Watering can, label and pen



- ① Fill your pot with compost and level



*"I only look after my pots. I've got Geraniums in pots. Do what you can when you can."*

- ② Make a hole in your pot



- ③ Ease out a seedling (holding leaf not stem)



- ④ Put seedling in new pot



- ⑤ Put onto windowsill, water and label 