

# Potting up



### Benefits:

- starts to build **stamina** and **strength**
- helps retain **hand** and **eye co-ordination**
- helps improve and maintain **sitting balance**.

*"Start small with a little plant and nurture it, you can watch it grow and tend to it. It brings the garden indoors, and you can see it everyday."*

### You will need:

**Small pot**



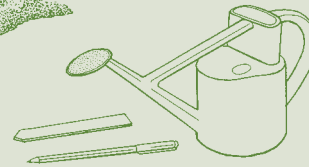
**Larger pot**



**Compost**



**Watering can, label and pen**



① Tip your plant out of its pot



② Put some compost in the large pot



*"For me something simple, but physical that I can do whether you kneel on grass or sit at a table, you can pot plants."*

③ Put empty pot in the centre of your large pot



④ Fill the pots with compost



⑤ Twist and lift out your small pot



⑥ Put plant in the hole



⑦ Water and label

