Growing Well Being
27th October 2015

The impact of horticulture on the health and well being of children
Research evidence

• It is widely recognised that gardening and food growing has a positive impact on people’s health and wellbeing and there is a growing body of evidence to support this. Regular contact with plants and the natural environment can improve mental wellbeing and combined with the activity of growing food it can help improve physical health for wide range of abilities and ages

The determinants of health and well-being in our neighbourhoods

Earliest Days

• Keep it simple.
• Give children their own garden space. (This does not have to be big. You can start with a large container or a few pots.)
• Use lightweight, easy-to-handle, correct-sized tools and garden equipment.
• Encourage children to dig in the dirt. (Younger children love making mud pies)
children will have lots of fun and gain special benefits

- Reasoning and discovery – learning about the science of plants, animals, weather, the environment, nutrition and simple construction
- Physical activity – doing something fun and productive
- Cooperation – including shared play activity and teamwork
- Creativity – finding new and exciting ways to grow food
- Nutrition – learning about where fresh food comes from.
• Responsibility – from caring for plants
• Understanding – as they learn about cause and effect (for example, plants die without water, weeds compete with plants)
• Self-confidence – from achieving their goals
• Healthy eating - enjoying the food they have grown
• Love of nature – a chance to learn about the outdoor environment in a safe and pleasant place
Developing senses

Taste
Touch
Smell
Sound
Thank You

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