

OUTDOOR LEARNING OPPORTUNITIES

Sessions are multi-sensory and based on enjoyable learning through play with innovative games and practical activities. They are delivered by experienced and knowledgeable staff either at the garden centre or on school grounds (if suitable) and are tailor made to suit the needs of the group and the curriculum. Subjects covered include:

<p>SEASONAL FOOD</p> <p>Discover the crops on site and how they grow, learn about different fruit and vegetables and what conditions they need to succeed.</p> <p>Organic growing - how to garden in balance with nature.</p> <p>Healthy diets – ‘Grow, Cook, Eat’.</p> <p>Create edible planters.</p> <p>Tasting sessions are a speciality.</p>	<p>NATURAL CYCLES</p> <p>Plant life cycles – examine the different stages of plant growth and the anatomy of plants.</p> <p>Animal life cycles – explore diverse wildlife habitats and learn all about their inhabitants.</p> <p>Seasonal pond dipping and habitat creation.</p> <p>Understanding the soil web.</p> <p>The importance of composting.</p> <p>The Water Cycle.</p> <p>Recording the seasons and weather patterns.</p> <p>Creating a weather station.</p> <p>Recognising patterns in nature.</p>	<p>HOW TO GARDEN</p> <p>Basic growing techniques – including how to sow seeds and care for plants.</p> <p>Making seed bombs.</p> <p>Soil care and composting.</p> <p>How to grow food.</p> <p>Gardening for wildlife.</p> <p>The role of pollinators.</p> <p>Planting trees and hedges.</p> <p>Growing in small spaces.</p> <p>Growing plants for dyes and natural fibres.</p> <p>Planting up raised beds /planters.</p> <p>Creating Sensory Gardens.</p>
<p>WASTE REDUCTION/ RECYCLING/ ENERGY USE</p> <p>Respecting the Earth’s natural resources.</p> <p>Composting and soil care.</p> <p>Rainwater harvesting.</p> <p>Creative reuse of objects.</p> <p>Energy Conservation.</p> <p>‘The Theatre of Stuff’ game.</p>	<p>HEALTH AND WELLBEING</p> <p>Plants as medicine and herbal first aid.</p> <p>Nature connection activities, meditation/mindfulness techniques.</p> <p>Natural crafts from local resources.</p> <p>Nature games.</p> <p>Practical Gardening.</p>	<p>HOLISTIC GARDEN SERVICE</p> <p>School garden creation – full consultation, survey, design and implementation with provision of plants and other materials.</p> <p>Students and teachers involved throughout the process.</p> <p>Follow up maintenance plans and class gardening sessions.</p> <p>Advice on existing growing areas.</p>

Prices start at £80 per class for a one hour bespoke session at the Garden Centre.

Contact Kath Gavin: kath@hulmegardencentre.org.uk for further details.



The Benefits of Outdoor Learning

The detrimental effects of Nature Deficit Disorder are becoming increasingly common amongst children living a suburban and electronic lifestyle. In these uncertain times of environmental destruction, the learning gained from studying the natural world and the connection this provides is vital in the next generation's development if they are to make the changes needed to provide a more sustainable future. Multi-sensory, experiential outdoor learning amongst flora and fauna has been shown to benefit children socially, psychologically, academically and physically, fostering a sense of shared responsibility and cooperation.

By observing and recognising the patterns and principles found in nature, essential subjects such as food, energy, waste, soil, water, biodiversity and climate can all be explored holistically. This helps children to understand that their decisions and actions can have far reaching consequences and empowers them to make a positive difference both socially and environmentally, caring for the earth and each other.

Phase One of Old Trafford Community School Bee Garden – a peaceful space to relax and connect with plants and wildlife, created with the help of teachers and pupils using environmentally responsible materials:



'Before' April 2018



"Planting Day" May 2018



'One month on' June 2018



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OPEN 7 days/week Mon-Sat 10.00 to 5.00 - Sun 10.30 to 4.30