



Therapeutic Horticulture Activity Aluminum Can Plant Tags for Pots

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Overview: Make tags for flower pots from aluminum cans.

Precautions:

1. Risk for cuts while working with aluminum.
2. Use of a hammer.

Completion Time: 60 - 90 minutes

Materials: (10 participants)

1. Aluminum cans clean with top and bottom removed and cut into sheets (10+)
2. Paper punches of various shapes, approximately 1.5 inches and larger (1+)
3. Single hole punch (1+)
4. Twine (1 roll)
5. Scissors (1-5)
6. Various flower pots or glass jars (10)
7. Metal letter stamps (1 set)
8. Steel bench block (1)
9. Hammer (1-5)

10. Ultra-fine point permanent marker (1-5)

Pre-Session Prep:

1. Collect aluminum cans.
2. Clean cans, use can opener to remove top and bottom of cans.
3. Cut the cans into sheets.
4. Collect supplies.
5. Make an example of a finished product.

Step-By-Step Process/Instructions:

1. Show an example of a finished sign on a flower pot.
2. Have participants pick out a vessel.
3. If there are more than one option, have participants pick out the shape of paper punch they would like.
4. Pass out a piece of aluminum that will suit the size of the punch.
5. Oversee punching of aluminum.
6. Have participants punch two single holes on opposite sides of the shape.
7. Have participants decide on what they would like the sign to say (name of plant to be planted or saying they like).
8. Pull out one letter from the stamp set at a time for participants to spell out their decided wording.
9. Lay aluminum on the steel bench block and strike the top of the stamp evenly with steady pressure approximately 10 times. Do this until all letters have been added to sign.
10. Take ultra-fine tip marker and trace into stamped letters.
11. Cut a piece of twine long enough to wrap around the pot.
12. Thread twine through two single holes in the sign, with string on the back side of the sign.
13. Wrap string around pot and tie in a knot.
14. Use the pot to plant in a future session.

Tips:

1. If time and/or abilities of participants to cut aluminum is of concern, pre-cut shapes with shaped paper punches.
2. White wash terracotta pots in a previous session to use with this activity.

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