

## **Therapeutic Horticulture Activity Self-Watering Soda Bottle Planter**

Source: *Pinterest* with adaptations by *Rieppe Hendrick*

Form Prepared by: Rieppe Hendrick

Date Activity Written: 2/6/20

Overview: Using a 2 liter soda bottle as a planter with a self watering wicking system

### Precautions:

1. Sharp utility knife used
  2. Sharp scissors used
- (Modifications to participant steps can be made to alleviate these precautions)

### Possible Populations:

1. Children to adults; some modifications may be needed
2. Cognitive functioning: wide range with some tasks needing safety awareness; modifications can be made to meet lower level functioning
3. Physical functioning: fine motor skills

needed to cut plastic bottle, cut rope, and tie rope into a knot; modifications of set up can be made to accommodate lower functioning

Completion Time: 45 – 60 minutes





Materials: (# of participants 10)

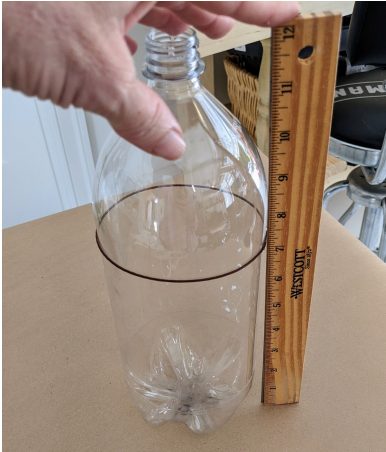
1. 2-Liter soda bottle, empty and clean (10)
2. Cotton rope (1 pkg); rope cannot be of synthetic material
3. Marker (5-10)
4. Ruler (5-10)
5. Scissors (5-10)
6. Utility knife (5-10)
7. String the circumference of bottle or rubber band (10)
8. Water source (1)
9. Bucket (optional) (1-10)
10. Potting mix (1 container)
11. Plants (10)
12. Stickers or tape to embellish bottle (optional)

Pre-Session Prep:

1. Collect supplies
2. Make a finished product to show prior to beginning activity
3. If using string vs. rubber band, pre-cut and tie to fit bottle circumference
4. If use of a utility knife is a safety concern, pre-cut bottles
5. If use of scissors is a safety concern, pre-cut bottles and pre-cut cotton rope.

Step-By-Step Process/instructions:

1. Place string or rubber band around bottle 7" from the bottom

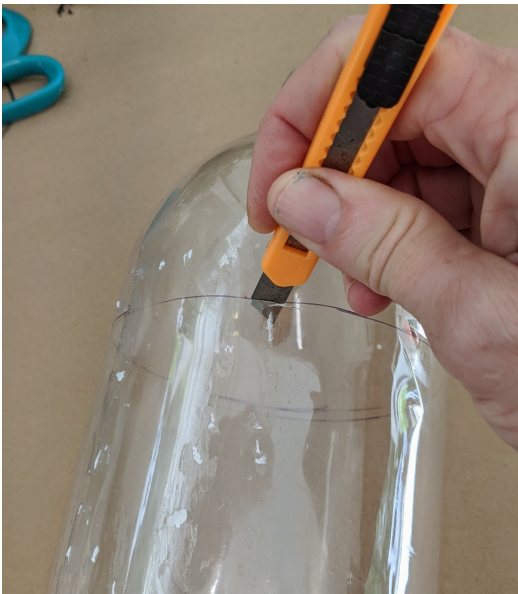


2. Draw line at string/rubber band around the bottle



3. Remove string/rubber band

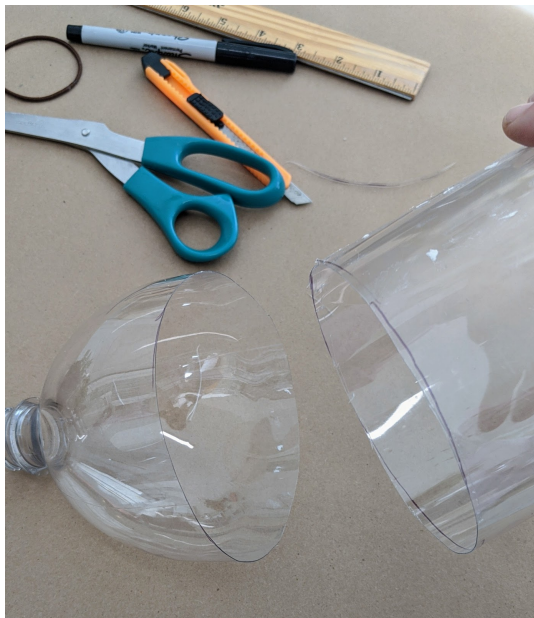
4. Make an incision along line with utility knife







5. Insert scissor into incision and cut circumference of the bottle



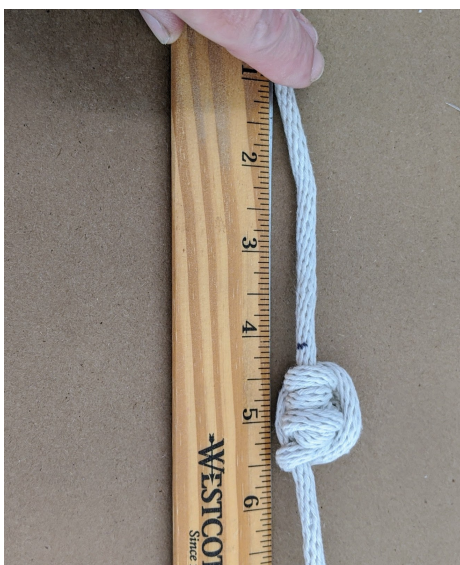
6. Remove top section of bottle from bottom, trim any jagged edges



7. Place top inverted into bottle bottom



8. Pull out section of cotton rope and mark at 4"



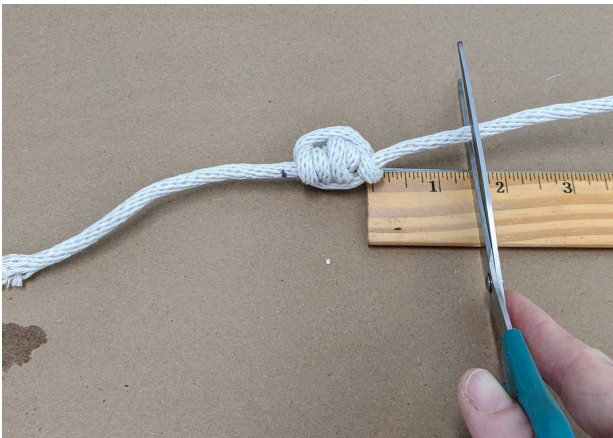
9. Tie approximately 1" diameter knot in rope just above the 4" mark



10. Thread 4" section of rope through bottle opening

11. Tug on rope to ensure knot is a tight fit

12. Adjust size of knot as needed to have tight fit with bulk of knot lodged in bottle opening



13. Remove the rope and cut 1.5" above the knot on the opposite end from 4" mark





14. Thread 4" section back through the bottle mouth pulling knot into opening with 1.5" section into top section of bottle



15. Place bottle top section into bottom section

16. Assess length of rope in bottom of bottle and trim so that it is not bunched on bottom of bottle



17. Pour water into the top section of the bottle and allow it to drain into the bottom section (or a bucket) in order to saturate the rope; pour water out of the bottom section if that was used.



18. Add water to bottom section to fill ½ way



19. Put potting mix and plant into top section of bottle



20. Water potting soil and plant until water runs out into the bottom

21. Pour out dirty water from bottom and refill with clean



22. Place planter in lighting appropriate for plant needs
23. Replace water in bottom daily until it remains clean
24. Keep water in bottom of bottle at all times
25. Watch your plant grow!



Tips:

1. Can use smaller bottles (mini water bottles work better than regular size as that size is not as stable)
2. Can add decorations to bottles as desired (tape, stickers, ribbon, etc)
3. Can change out decorations for seasons (replace tape or ribbon with holiday or seasonal theme)

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