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## **Therapeutic Horticulture Activity Personal Watering Spray Bottle**

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Overview: Repurposing 16 oz plastic bottles soda/water bottles into personal spray bottles to water plants and seedlings.

Precautions:

1. Use of electric drill.
2. Will likely need one on one assistance, based on participants needs and abilities.

Completion Time: 30 minutes

Materials: (10 participants)

1. Sturdy 12-16 ounce plastic bottles with caps - avoid using thin bottles as found in many water bottles (12)
2. Additional caps (2-3)
3. Electric drills (1-10)
4. Drill bits, sizing of 1/16, 5/64, 3/32, 7/64 (1-10)
5. Permanent marker (1-10)
6. Bucket or water or water source to fill finished bottles (1)
7. Empty bucket or safe area to spray water bottles to test effectiveness. (1)

### Pre-Session Prep:

1. Collect and clean bottles.
2. Collect other supplies.
3. Make a finished watering bottle to show as an example of the finished product.
4. Drill different size holes and/or number of holes in the extra caps so they can be used to show how spray varies with diameter of drill bit used and number of holes in cap.

### Step-By-Step Process/Instructions:

1. Talk about how different plants, in different stages of growing, could benefit from different intensity of spray of water.
2. Show finished water bottle spraying water; changing the caps to demonstrate how water flow varies with size of drill bit used.
3. Show how to choose drill bit size based on how big of spray would like to end up with.
4. Talk about how the number of holes will affect the flow of water.
5. Demonstrate drilling into the cap of a bottle.
6. Pass out a bottle to each participant.
7. Oversee participants choosing drill bits, attaching to the drill and drilling into their bottle cap.
8. Brush away plastic trimmings from the bottle cap as needed.
9. Load bottles with water.
10. Encourage participants to spray their finished bottle.
11. If the bottles are going to be kept in one location and participants want to be able to identify which is the one they made, use permanent markers to write names on them.

### Tips:

1. If it is a hot day, test sprays could be squirted on each other.
- 2.

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