



Therapeutic Horticulture Activity Grassy Garden Guy

Source: multiple

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Overview: Grass seed grown as hair in a container decorated with a face

Precautions:

1. n/a

Completion Time: 15-30 minutes

Materials: (participants)

Hair

1. Potting mix (enough to fill 10 of the plastic cups)
2. Scoop (1-5)
3. Plastic cups - clear 4oz (10)
4. Nylon knee highs (5)
5. Scissors (1-5)
6. Grass seed (10-20 tablespoons)
7. Tablespoon (1-5)
8. Spray bottle (1-5)

Face

1. Plastic cups - the same type as used for hair (10)
2. Items to create a face
 - a. Googly eyes (optional)
 - b. Paint pens (optional)
 - c. Felt (optional)
 - d. Glue, as needed (optional)
 - e. Printed picture of participant/or other face (optional)

Pre-Session Prep:

1. Collect supplies
2. Pre-wet potting mix
3. Add water to spray bottle(s)

Step-By-Step Process/Instructions:

Hair

1. Cut nylon knee high into half
2. Stretch the open end of the nylon over the mouth of the cup and push seam/closed end of the nylon into bottom of cup
 - a. When using the half of the nylon with original open end, tie the end that was cut with an overhand knot to close
3. Put 1-2 tablespoons of grass seed into the nylon stretched over the cup
4. Put potting mix into into the nylon until the cup is full; pressing lightly as filling
5. Take nylon off cup
6. Gently shake soil into bottom of nylon
7. Tie opening with overhand knot
8. Trim excess just above the knot
9. Place nylon into the cup with the seed end facing up
10. Spray the top of the nylon setting the seeds
11. Place cup anywhere you can check on it daily
12. Spray/water daily
13. Grass should sprout in about 7-10 days
14. Watch your Grassy Garden Guy's hair grow and give him a haircut or style as you please

Face

1. If using a face photo, cut away the background and hair in the picture, place the photo between the 2 cups, one with hair/grass seed planted.
2. If creating face from craft supplies, glue and draw as desired; when finished place hair/grass seed cup inside the decorated cup

Tips:

1. Use the cups as place cards at meal or gathering
2. Use photos of others in participants' lives, super heroes, celebrities, etc.

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