



Therapeutic Horticulture Activity Paper Seedling Pots

Source: Manufacturer/Internet

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Overview: Making seedling pots out of paper.

Precautions:

1. Cutting with a paper cutter or scissors may be part of activity (optional).
2. Fine motor dexterity needed.
3. Use of 2 hands needed.

Completion Time: 30-45 minutes

Materials: (10 participants)

1. Pot maker mold (1-10)
2. Paper (newspaper, magazines, recycled copy paper) (180+ *see Tip below)
3. Markers (10)
4. Scissors (10)
 - a. Or paper cutter (optional)(1-10)
5. 3.5"x10" rigid (cardboard or cardstock) template (10)
6. Bag for paper scraps (1-5)
7. 10"x20" propagation trays with holes (10)
8. Trash bag (optional) (1-2)



Pre-Session Prep:

1. Collect supplies
2. Remove staples from paper as needed.

Optional pre-session or during activity

3. Cut paper strips into 3.5"x10".

Step-By-Step Process/Instructions:

1. Show example of pot being made.
2. Talk about possible paper choices to make pots from (newspaper, magazines, recycled copy paper)
3. If strips of paper were not cut during pre-session prep, give each participant a stack of paper, a 3.5"x10" cutting template, a marker, scissors, and a 10x20 propagation tray.
4. Have participants mark templates on paper with markers and cut along lines. Alternating marking and cutting will allow for less fatigue associated with cutting.
5. If you only have one or two pot molds, have one or two participants start making pots immediately after cutting a few papers while the others continue to mark and cut; then move the mold(s) on to the next participant(s) and have the original molders go back to cutting.
6. As participants make pots, have them put them into the propagation tray.
7. If pot making goes quickly and there is a desire to make more than one tray per participant, put additional pots into a trash bag taking care not to squish the bag in transport or storage.

Tips:

1. Create pots from different paper sources and test growing differences within one propagation tray; possibly add traditional plastic 6 pack insert into experiment.
2. Instead of each participant measuring, cutting and forming their own pots, have them work together - with 1-2 participants- in roles for each step.
3. For ease of cutting use a paper cutter instead of scissors.
4. * 36 pots fit into 1 tray; 1 piece of letter size paper makes 2 pots; 18 pieces of letter size paper is needed for each participant to fill a tray.