# LEARN HOW CONNECTING WITH NATURE CAN HELP OUR WELLBEING AND HELP THE ENVIRONMENT TOO.

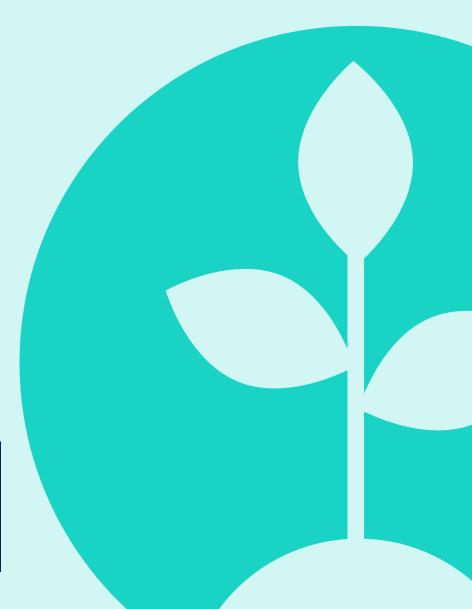
From growing seedlings from your food scraps to taking a wellbeing walk, staff and students from LJMU's Level 5 Primary Education have created some simple and fun things you can try.

Visit Ijmu.ac.uk/greenspaces to find out more.

WHY DON'T YOU SHARE YOUR GREEN ACTIVITIES?

Use #LJMUgrowTogether and tag @ljmusaw on y f @







#### What you will need?

- Old plastic containers or cartons
- Decorating materials
- Glue and scissors
- Soil and compost
- Seeds/seedlings/plants

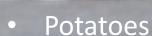
#### Steps

- 1. Select a container
- 2. Cut a wide space to enable filling of the plant
- 3. Pierce the base several times to allow water to drain through
- 4. Decorate the planter
- 5. Fill with soil and compost
- 6. Plant seedlings and water it thoroughly

# Which Vegetables Can You Re-Grow From Scraps?

# Regrow Your Veggies!





- Sweet Potatoes
- Onions, Garlic, Leeks and Shallots
- Celery
- Bulb Fennel
- Carrots, Turnips,
   Parsnips, Beets and
   Other Root Crops
- Lettuce, Bok Choi and Other Leafy Greens
- Cabbages
- Basil, Mint, Coriander& Other Herbs

Root vegetables:

Once you have cut
off the crown of the
vegetable, put it
bottom down into a
container of water
and watch the
leaves start to grow
again!

Potatoes:

If any potatoes start to 'chit' (grow shoots) in your cupboards, why not try planting them instead? Leave them in a dark spot for a weeks or so until they are quite shrivelled and then plant them deep into the ground or a prepared pot.

Leafy greens:

Place the leaves in a bowl with a little water in the bottom. Keep the bowl in a sunny spot and mist the leaves with water every few days. Within a week or so, new roots should begin to form along with new leaves and you can transplant your new lettuce plants into the soil.

#### Onions:

Simply take a small section of the base of a bulb or stem, with the roots attached, and place it in a shallow dish of water.

Fairly quickly, new, green material will begin to grow from this base section.
These re-sprouting sections can then simply be harvested again.

### Seeds from Scraps

You can use seeds from a variety of kitchen scraps to grow your own veggies, including tomatoes, peppers, cucumbers and squash.

Step 1:
Scoop out the seeds from the vegetable.

Step 2:
Leave in a bowl on a sunny window sill to dry out overnight.

#### Step 3:

Separate out the dried seeds and plant each one into a small pot/container, water and leave on a sunny window sill.

Step 4:

Continue to water as needed and pot into a larger container as it grows bigger.

### Seed Bombs

#### You will need:

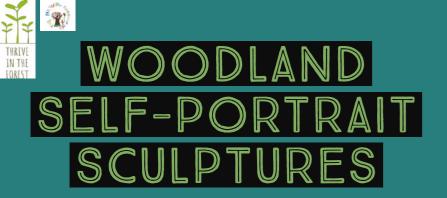
- Handful of compost
- Air drying clay (optional)
- Packet of wildflowers (preferably native species – check the packet)



#### Method:

- Dampen your
   compost and, if
   you are using clay,
   roll together into
   a small ball
- Put the seeds into a small bowl.
- Roll the compost ball in the seeds.
   You now have a seed bomb!

Find a good spot in your garden or local park for your seed bomb to grow, take a photo and upload to Twitter or IG with the hashtag #LJMUgrowTogether





## To create a self-portrait sculpture using natural materials



made with natural ingredients

#### You will need:

- Modelling clay/ damp soil
- Sticks
- Grass
- Leaves
- Tree bark
- Stones/Pebbles

Designed by: Charlotte Stanton LJMU Year 2 BAQPH Student





#### **Themed Walks**

Journey Stick
Pick up a stick at the start
of your walk.
Collect objects from your
walk and attach them to
your stick as you go along
to remind you of what you
have seen.

Upload the images and a brief description of your walks to Twitter and IG with the hashtag #LJMUgrowTogether

Sensory Walk
Try to find as many
different sights, smells and
textures as you can on
your walk and collect them
(if not on a growing plant)
or take photos of them.

Mystery Outdoor Space
Take a photo of an outdoor
space on your walk, add a tag
with 3 clues to help people to
guess where the space is.

#### **Wild Rumpus**

Go to your local area of trees, record a minute of sounds on your phone and then submit it to be part of a soundmap of urban woodlands/parks across Merseyside. It's really easy to do and explained on the 'Your Forest' website (https://wildrumpus.org.uk/yourforest/)





### **Nature's Colour Printing**

## WRAL CURICULUM



#### **Equipment Needed:**

- A piece of soft light coloured fabric or white paper
- A variety of different coloured leaves and flowers
- A rock or heavy piece of wood

#### How to do it:

- 1. Find a variety of different coloured leaves and flowers
- 2. Grab your piece of fabric /paper and lay it out on a flat surface
- 3. Place the petals and leaves on one half of the fabric
- 4. Fold the fabric /paper over so the leaves and flowers are inside the fabric
- 5. Using the rock hit the leaves and flowers through the fabric
- 6. This will release the colours onto the fabric
- 7. Open the fold in the fabric/paper and remove the excess bits of the plants
- 8. Look at the colours that are left on the fabric.

  What do you see?



Designed by: Liam Orr LJMU Year 2 BAQPH Student