




# 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 [ljmu.ac.uk/greenspaces](https://ljmu.ac.uk/greenspaces) to find out more.

WHY DON'T YOU SHARE YOUR GREEN ACTIVITIES?

Use #LJMUgrowTogether and tag @ljmusaw on   



LIVERPOOL  
JOHN MOORES  
UNIVERSITY



# Recycled Planters

## 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



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# Which Vegetables Can You Re-Grow From Scraps?

# Regrow Your Veggies!



- Potatoes
- 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



# WOODLAND SELF-PORTRAIT SCULPTURES



## 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



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### 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.

#### 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.

### 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/>)

#### 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.

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



# Nature's Colour Printing



THRIVE  
IN THE  
FOREST

## 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?



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