

Railway Gardening Enrichment

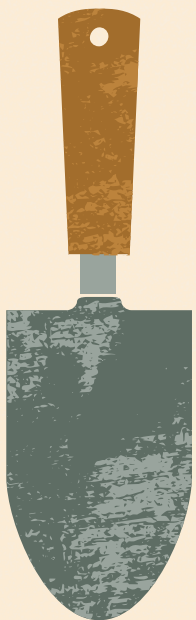




We will be sending children home with a different plant every month.



Each month we will send information on what the plant is and how best to care for it at home.

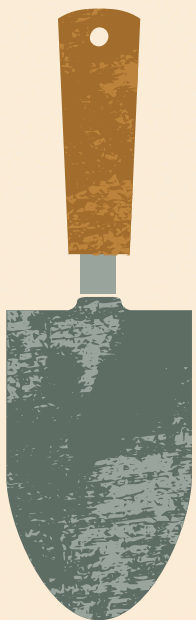
The next page outlines the benefits of gardening for children.





Key Benefits of Gardening for Children:

- **Physical:** Gardening provides active, outdoor exercise that enhances motor skills, including hand-eye coordination and fine motor skills used for planting seeds.
 - **Nutritional Education:** Children are more likely to eat fruits and vegetables they have grown themselves, reducing picky eating and encouraging healthy eating habits.
 - **Mental & Emotional:** It teaches patience (waiting for seeds to grow). It acts as a stress-relieving activity that enhances confidence, self-esteem, and mood.
 - **Cognitive & Educational Learning:** Gardening fosters scientific thinking, observation, and problem-solving. It provides practical applications for math (measuring, counting) and literacy (writing names of their plants).
 - **Social & Behavioural Skills:** Working in a garden encourages teamwork, cooperation, and communication. It teaches responsibility and care for living things.
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Seeds we will sow:

March - Tomatoes

April - Carrots

May - Strawberry

June - Sweetcorn

July - Lettuce

August - Cosmos Flowers

September - Chives

October - Parsley

