



The Creative Gardener: Nurturing Self-Belief

A wellbeing activity from Place2Be
and the Royal Horticultural Society

The Creative Gardener: Nurturing Self-Belief

This creative gardening activity guides children through the process of growing their own pea shoots. By stepping into the shoes of a gardener, children can nurture a belief in their ability to care for, and positively impact the world around them.

Activity Aims

- Recognise the part children can have in creating possibilities and influencing their environment
- Tune into nature through the sensory experiences of growing plants from seed
- Nourish self-belief, even if experiencing uncertainty or setbacks
- Create positive connections with others by sharing a mini harvest

Activities

This pack guides children through 3 stages of growing pea shoots. Each stage from sowing to harvesting includes an art and gardening activity accompanied by reflective prompts. Pea seeds sprout quickly all year round, and within two weeks there should be pea shoots to eat.

Inspiration

You may like to listen to '[The Extraordinary Gardener](#)' by Sam Boughton. It is here on YouTube. During the activity you can [listen to our Creative Gardener Playlist on Spotify](#). [🔗](#)

The Royal Horticultural Society's Campaign for School Gardening

Place2Be's Art Room have teamed up with the [Royal Horticultural Society's Campaign for School Gardening](#) [🔗](#) to make this activity. The RHS Campaign for School Gardening inspires and supports teachers, parents and carers in providing young people with gardening opportunities to empower them to grow, to connect them to nature and to boost their wellbeing.



Share your
growing shoots
& creations

We'd love to see what you make and grow. Share photos on social media with [#TheCreativeGardener](#) and tag [@Place2Be](#) and [@RHSSchools](#)



Materials

You will need

- Dried marrowfat peas, shown above (you can buy these at the supermarket)
- Compost/soil or cotton wool
- Container (with holes in the base made by an adult). This could be:
 - Paper cup
 - Reused food container, pot or tray (washed well)
 - Reused flower pot
- Saucer to put under the container to catch water
- Empty plastic bottle with a lid for watering (washed well)
- Paper
- Pencil or pen

Optional decorative materials:

- Permanent coloured pens or POSCA pens
- Acrylic paint
- Paper from magazines or newspapers
- Scrap paper, ribbons, bits of fabric, string, and pipe cleaners
- Something to paste with such as tape or PVA glue
- Scissors

Decoration tips:

- Paper can be torn and joined by folding if glue and scissors are not to hand.
- A layer of PVA glue can make decorations more waterproof. Tape, plastic or film can also be used as a waterproof layer.
- If your container is shiny or smooth, then some of the materials above may rub off easily. It can help to cover the object with paper or masking tape first.



Stage 1:

Sowing your seeds

Create

Decorate your container

- Find your growing container.
- Decorate your container using patterns, symbols, colours, and/or words that mean something important to you when it comes to thinking about what will help your seeds to grow.
- You may want to add a label that shows what you are growing, and how you would like to care for your plants.

Notice

Can you notice any of these things before you sow?

- Gather your peas, and take a moment to hold some in your hand. What can you notice about how they look and feel?
- While holding a pea, imagine what it might grow into. What is it like to think about that?
- What word would you whisper to yourself to help you plant and grow your seeds?

Sow

Sow your seeds

- Fill your container with compost or cotton wool to about 3-4cm from the top.
- Place some peas on top of your compost or cotton wool, close together but not touching.
- Cover your peas with compost or cotton wool.



Stage 2:

Caring for your plants

Create

Decorate your watering can

- Find a bottle and ask an adult to make holes in the lid.
- What imaginary ingredient/s could you mix in your watering can to help your plants grow?
- Decorate your watering can with patterns, symbols, colours and/or words that remind you of the special, imagined ingredient/s.
- Fill your bottle with water, and screw the lid back on.

Grow

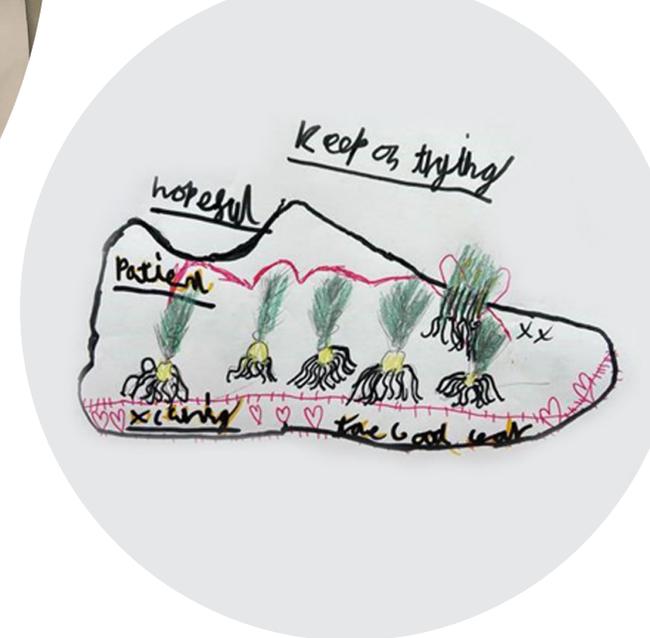
Give water and light

- Place your container on a saucer.
- Water your peas until water appears in the saucer.
- Keep the compost or cotton wool moist but not drenched, by watering when needed.
- When green shoots appear, remove the top cotton wool layer, and move your container into the sun.
- Check your pea shoots each day and keep them well watered.

Notice

Can you notice any of these things while you grow?

- As you water your peas, how does it feel to know that your watering will turn your seeds into plants?
- How might you feel if your pea shoots don't grow well? What could you do if that happens?
- As your peas begin to sprout, what changes can you see? How do you feel knowing your watering has made this happen?



Stage 3:

Harvesting your pea shoots

Harvest

Harvest/pick your pea shoots

- When your pea shoots are 10-15cm tall, pinch off the top two levels of leaves.
- Wash and eat your pea shoots in a salad, sandwich or as a tasty snack. You might like to share some with your family or friends.
- The shoots will re-grow for a new harvest!

Fun Facts!

- Pea shoots are packed full of vitamins.
- Pea plants were one of the first plants to be grown by humans.
- Pea shoots will grow outside too, it might just take a bit longer!

Notice

Can you notice any of these things while you grow?

- Gently rub the leaves of your pea shoots. Can you notice how they smell? How do they feel?
- Did you eat your pea shoots? What did they taste like? Can you express how they tasted with a facial expression, word, drawing, sound, or movement?
- Which different colours and shapes can you see when you look at your pea shoots' leaves and tendrils?

Create

Draw your gardening shoes

- Imagine a pair of boots or shoes a gardener might wear. Draw an outline of them filling your whole page.
- Think about all the qualities a gardener needs to use to help plants grow well. Fill one of the boots/shoes with words, symbols or images to represent these qualities.
- Now, close your eyes and imagine stepping into your gardening shoes! You are a creative gardener. What has it been like to grow your pea shoots? What have you learned?
- Fill your second boot/shoe with words, symbols or images to show what you have learned.

Now you are a gardener - what else could you grow?



End of project reflection

- Did your pea shoots struggle to grow at any stage? What did you do to help them?
- Did you share your pea shoots with anyone? What did they say? How did that feel?
- Would you like to show someone else how to grow their own pea shoots? What might it feel like to pass on what you know?

More from The Art Room

Looking for more creative projects? [Visit our website for more activities from The Art Room](#)  to see our other projects for families and teachers, including projects on Weather: Noticing Feelings, Portals: Exploring Changes, Calm, and more. They are free to download and can be done at home or in the classroom.

More from the Royal Horticultural Society

For further free growing activity ideas and resources, why not become a member of the [RHS Campaign for School Gardening](#)? You can also sign up to [training courses](#), which are designed to give teachers, parents and carers the skills and confidence they need to teach young people about gardening.

Royal Patron HRH The Duchess of Cambridge

Place2Be is a national charity working in England, Scotland and Wales.

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