SEED SAVING
BACK POCKET LESSON

DIRECTIONS
1. Identify the flower heads (the flower-producing part of the plant).
2. Crumble flower head and retrieve the seeds.
3. Dry all seeds completely.
4. Store dried seeds in an air tight container. Place container in a fridge or cool dry place.
5. Youth can decorate the packets.

FUN FACT
Seed packets can be sold as a part of a fundraiser.
Gardening
Back Pocket Lessons
Earthing
Back Pocket Lesson

Objective
To have fun while absorbing earth's natural energy

Time
Any

Age
All ages

Supplies
- Moving feet
- Open land free from debris
DIRECTIONS

1. Find an open space outside free from debris.
2. Have participants take off shoes.
3. Encourage them to run, walk, skip, or jump freely for 5-10 minutes.
4. Gather back together, and discuss what earthing feels like.

FUN FACT
Walking barefoot promotes a deeper sleep and reduces chronic pain!
Newspaper Pots
BACK POCKET LESSON

**OBJECTIVE**
To make biodegradable pots

**TIME**
Any

**AGE**
All ages

**SUPPLIES**
- An aluminum can
- Newspaper strips (as wide as the can)
- Hands to fold
- Soil
Newspaper Pots

Back Pocket Lesson

Directions

1. Lay the newspaper strip on a flat surface.
2. Starting at one end, roll the newspaper to cover the whole can.
3. Twist and crunch any loose newspaper to create the base of the pot.
4. Remove the can and fill your pot with soil to the top, tapping to remove air pockets.
5. Plant the whole pot in the ground - newspaper is biodegradable!

Fun Fact

Pots can last up to a month depending on the amount of watering.
GARDEN JOURNAL
BACK POCKET LESSON

**OBJECTIVE**
To have a journal for each student to store garden observations

**TIME**
Any

**AGE**
All ages

**SUPPLIES**
- One sheet of construction paper
- 2-3 sheets of computer paper
- Large rubber bands
- 3 hole punch
- Sticks - 1 per youth, the size of a pencil
1. Collect all materials. Have youth search for sticks the size of a pencil.
2. Stack one piece of construction paper with three pieces of white paper. Fold the stack of paper like a hamburger.
3. With the construction paper on the outside of the book, punch 2-3 holes on the side with the crease.
4. Place the stick on top of the holes, loop the rubber band through both the top and bottom holes, and then around the stick.
5. Allow youth to decorate and name their garden journals.
**OBJECTIVE**
To rid the garden of any unwanted plant growth

**TIME**
20 minutes

**AGE**
All ages
WEEDING
BACK POCKET LESSON

DIRECTIONS
1. Identify which plants are weeds.
2. Explain that weeds should be pulled because they compete with the intended plants you are growing.
3. Pull the whole root system out by pinching weed at its base, as close to the ground as possible.

FUN FACTS
Roots are easier to pull out right after a rain fall, when the soil is loose. Weeds grow rapidly - try to maintain your garden beds weekly.
GARDEN YOGA
BACK POCKET LESSON

OBJECTIVE
To stretch while learning about parts of the plant and to cool down after other vigorous activities

TIME
10 minutes

AGE
All ages

SUPPLIES
- Yoga/plant poses
- Your full body
GARDEN YOGA
BACK POCKET LESSON

DIRECTIONS

1. Have youth find spots with room to move around.
2. Read this aloud, slowly:
   - You are a little seed planted in the ground.
   - With warmth and water you grow ...and grow.
   - Then, one stem pops out of the ground.
   - Your roots dig down into the earth as your leaves stretch up towards the sun.
   - With the soil holding you tight and providing you with nutrients, you stand strong!
3. Repeat step number 2.
SEED SAVING
BACK POCKET LESSON

**OBJECTIVE**
To learn about a plant's life cycle

**TIME**
20-30 minutes

**AGE**
All ages

**SUPPLIES**
- Seed packets or paper bags
- Flower heads
- Your hands to crunch