

POTS OF LOVE

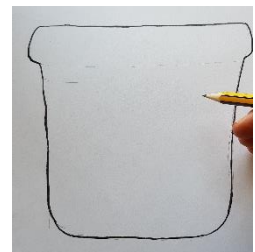
Decorate a pot and plant it with fast-growing seeds or bulbs. Take it to your local care home so residents can enjoy watching your colourful creation grow!

Equipment needed

- Plain terracotta pot
- Paints – acrylic are best, but poster paint or felt tip pens will also work
- Varnish – ‘suitable for exterior’ is best
- Compost or soil
- Seeds - quick-growing flowers include sunflower seeds, poppies, sweet peas and marigolds. Or you can plant things you can eat, like cress or rocket

Method

1. On paper, design your pot. Remember bright colours and simple designs will work best, especially if your pot is quite small.



2. Carefully paint your pot and leave it to dry. Make sure you cover the surface you are working on with old newspapers or a plastic bag to protect it from paint spills.



If you can, paint your pot outside where it won't matter as much if paint get spilt!

3. When the paint is completely dry, next paint your pot with a layer of varnish – this will protect the paint when it rains.



Ask an adult to help you with this, as varnish can be tricky to open and can also be dangerous if it's not used properly.

4. Fill your pot with compost or soil, then plant it with a couple of seeds or bulbs.

Quick-growing flowers include sunflower seeds, poppies, sweet peas and marigolds. Or you could plant edible goods like cress or rocket.



5. Take your pot to your local care home.

Leave it outside on a windowsill or in the garden for the residents to enjoy!

