



BC Agriculture in the Classroom Foundation



## Plant Something for Wellness

Students will explore resources related to how plants enhance wellness. Following this, they will create an envisioned garden oasis that incorporates the concept of "planting something for wellness".

### **Subject Levels/ Suggested Grade**

Physical Health and Education 6-10

Written by Holly Johnson, BCAITC Education Specialist (2024-2025)

Sponsored by



Grade and Subject	Big Ideas	Curricular Competencies
Physical and Health Education 6	<ul style="list-style-type: none"> <li>Healthy choices influence our physical, emotional, and mental well-being.</li> </ul>	<ul style="list-style-type: none"> <li>Describe the impacts of personal choices on health and well-being</li> </ul>
Physical and Health Education 7		<ul style="list-style-type: none"> <li>Identify factors that influence healthy choices and explain their potential health effects</li> </ul>
Physical and Health Education 8		<ul style="list-style-type: none"> <li>Assess factors that influence healthy choices and their potential health effects</li> <li>Identify and apply strategies to pursue personal healthy-living goals</li> </ul>
Physical and Health Education 9		<ul style="list-style-type: none"> <li>Propose healthy choices that support lifelong health and well-being</li> </ul>
Physical and Health Education 10		Healthy choices influence, and are influenced by, our physical, emotional, and mental well-being.

### Teacher Background

Plants offer numerous health benefits, especially as people spend more time indoors. Creating a connection with nature through gardening can enhance well-being by reducing stress, improving concentration and memory, and enhancing air quality. In this lesson students will examine the health benefits of planting and make an action plan for creating a garden oasis for their well-being.

### Materials

- Plant Something for Wellness Poster (part of Spuds in Tubs 2025 Package) or available to order on the [BCAITC website](#)
- Post-it notes
- Computer with projector and internet access
- Pens, pencils
- Student handouts:
  - Wellness Garden Oasis Plan*
  - Wellness Garden Plan Rubric*

### Procedure

#### Introduction

- Ask students: What does wellness mean to you? What impacts your wellness?
  - Get them thinking about what healthy choices impact their physical, emotional and mental well-being

- You can record their answers on the board
- If being outdoors in nature, plants or gardening do not come up, mention how these things can help to reduce stress levels

### Body

- Show students the Plant Something for Wellness Poster.
- Have them view it and then with a partner have them make two observations and write them on a Post-it note. Ask them to come and place their Post-it notes on the board, and group like ones together.
- Draw students' attention to how plants improve people's lives by enhancing concentration, reducing stress levels and improving air quality.
- Show [Plant Something for Wellness Video](#)
- After viewing, have students share one idea why they should include plants for wellness in their lives.

### Activity

- Provide students with *The Wellness Garden Oasis Plan Handout* and *The Wellness Garden Oasis Rubric*
- Ask students to examine the rubric and questions included in the handout.
- Discuss the questions and rubric together and establish the due date.
- Allow students time to create their plans.

### Wrap up

- Once students have created their final plans, divide them into groups of three to share their ideas within their triads. Provide time for them to ask one another questions.

### Extension Activities

- Learn more about [BC's Nursery Crop Story](#) using our interactive GIS map
- Watch a [video tour](#) of a Nova Scotia Floral Greenhouse
- Learn more about [Planting Something Bee Friendly](#) on the BCLNA website.
- Explore BCAITC's Lesson Plan about [Planting Something Bee Friendly](#)

### Credit

- BCAITC Website Resource Order Form: <https://www.bcaitc.ca/resources/resource-order-form>
- Plant Something for Wellness Video: <https://www.youtube.com/watch?v=sRJXhUN6cUs&t=94s>
- BC's Nursery Crop Story: <https://bcaitc.maps.arcgis.com/apps/MapJournal/index.html?appid=aa9979652b7a4fff814c2de85968134c>
- Nova Scotia Floral Greenhouse Video Tour: <https://www.youtube.com/watch?v=rw3CbUfRcds&list=PLsTAeu1pJ5Zy4Vvk2nPVxOfVkAqLOjen8&index=3&t=1556s>
- BCLNA Website Planting Something Bee Friendly: <https://bclna.com/plantsomethingbc/plant-something-bee-friendly/>
- BCAITC Planting Something Bee Friendly Lesson Plan: <https://www.bcaitc.ca/resources/plant-something-bee-friendly-secondary>

# Wellness Garden Oasis Handout

Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Answer the questions below, and then use your responses to craft a final version of your wellness garden oasis. Your design is intended to help you picture a space that enhances your well-being. Consider what elements, in addition to plants, would contribute to this sanctuary. Let your imagination flow and deeply reflect on what you personally desire in this space. Your final rendering can be done on the computer or by hand.*

1. What is the main goal of my garden oasis (reduce stress, improve overall well-being, etc.)?
2. What will the space be like to help me achieve this goal(s)?
3. The names of THREE (or more) types of plants that will be included in your garden oasis. Go to <https://bclna.com/plantsomethingbc/additional-resources/> to read articles and see suggestions for plants.
4. Other items I will be incorporating into my garden oasis.
5. How I will be presenting my garden oasis (computer drawing, hand sketch, etc.)

The final project is due on: \_\_\_\_\_

## Wellness Garden Oasis Rubric

Name \_\_\_\_\_

	Beginning	Developing	Proficient	Extending
Was the main goal of the garden oasis communicated?				
Did they describe the space?				
Are there <u>three or more</u> plants listed in the plan?				
Are there other items listed to help contribute to the overall feeling of the space?				
Comments:				

## Wellness Garden Oasis Rubric

Name \_\_\_\_\_

	Beginning	Developing	Proficient	Extending
Was the main goal of the garden oasis communicated?				
Did they describe the space?				
Are there <u>three or more</u> plants listed in the plan?				
Are there other items listed to help contribute to the overall feeling of the space?				
Comments:				