



Grow Well

Find accompanying resources and
how-to guides on our website
schoolgardening.org.uk/GrowWell

Share your experience and ideas with the
Grow Well community using **#GrowWell**

Share me with your groups then recycle
me or pop me on the compost heap!





Make

Let your creativity run wild.

As we move into June your calendula will be in full flower, capture it's sunshine using crafts.

- There's plenty of ways to let nature make its mark without lifting a pencil. You could try pressing the calendula flowers you have grown.
- Try your hand at 'sun prints' or cyanotypes. There's lots of guidance online, and all you need is some photo sensitive paper.
- Be inspired by artists like Andy Goldsworthy. Using the petals from your calendula (and any other flowers you have to hand) create beautiful natural artworks to focus the mind.
- Make your own origami seed packets. Calendula seeds are easy to collect so, following the instruction on our website, you gather next year's seeds for free.



You can find instructions for all the activities mentioned here on our website.

You don't have to be a master to enjoy being creative, the important thing is spending time with others and having fun.

