

# BENEFITS OF A SCHOOL GARDEN

## 1 OUTDOOR CLASSROOM

A school garden provides an interactive space for quiet time, discussions, enjoying nature, fresh air and hands on activities.

## 2 TEAMWORK

Having a class work as a team towards achieving a common goal, responsibility for a role or task and building communication skills, respect and patience.

## 3 BEING ACTIVE

Working in a garden provides a fun way to be active, build motor skills, enhance coordination and balance. Using tools also gives young people a new focus to being active.



## 4 HEALTHY LIFESTYLES

Planting and growing food offers children an opportunity to learn about nutrition, healthy eating and trying new foods. Links cooking and healthy diets and minds and everyday lifestyles.

## 5 LIFE SKILLS

From working with others, listening skills, planning and compromise they will solve problems and learn to adapt to new challenge. Building confidence, resilience and skills for life.

## 6 ENVIRONMENTAL AWARENESS

Using practical, hands-on nature of gardening means children become strong, active learners, exploring the environment and the connection to sustainability, the climate and behaviour change.

## 7 LITERACY, NUMERACY, BIOLOGY

Elements of curriculum can be found embedded in many garden activities. From science (biology) maths, (measurements) to literacy (research)

A garden in school is an excellent connector with the local community, from local residents, parental involvement to local businesses. As well as a way to access local grant funding.