

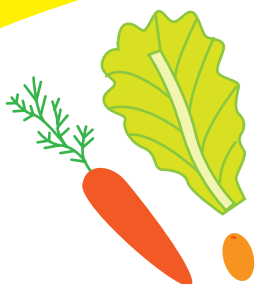
# Grow Your Own Garden



## Benefits of Gardening

Helps teach cooperation and patience • Encourages healthy eating and provides exercise • Promotes communication and fine motor development

# 1



# 2



# 3



### Planning

Think ahead about where your garden will be. Will it be indoors or outdoors? In the ground or a small container garden? How quickly will things grow?

### Planting

Ideas: Vegetables, roots, herbs, squash. For theme garden ideas, like a "Pizza Garden," visit <https://kidsgardening.wpengine.com/garden-activities-theme-gardens/>

### Watching

Take care of your garden as indicated for what you're growing. Amounts of water, sunlight and type of soil will all vary depending on what you've planted.

## Online Resources

**Carnation Farmers Market "POP Club"**  
[www.pinterest.com/carnationfm/pop-club](http://www.pinterest.com/carnationfm/pop-club)

**Kids Gardening: Free Downloadable Activities & Resources**  
<https://kidsgardening.org>  
<https://kidsgardening.org/kids-gardening-cultivating-food-life-lessons/>

**National Recreation and Park Association**  
<https://www.nrpa.org/our-work/partnerships/initiatives/commit-to-health/community-home-gardening/>

**Snohomish Health District: Gardening with Children & Physical Distancing**  
<http://www.snohd.org/DocumentCenter/View/3652/Gardening-with-Children---Social-Distancing-PDF?bidId=>