



Linking Generations  
Northern Ireland

# GROWING POTS OF KINDNESS

**Why not bring people of all ages together and sow some happiness with seeds?**

We have pulled together some simple ideas based on growing flowers and plants that you can use to stay connected with your family, friends and neighbours.

Now is the perfect time to get gardening, outside or inside. With very little resources you can brighten up someone's day by making up a little 'Pot of kindness'.



**1**

Find a container. Plant pots are perfect but don't worry if you don't have one. Any container will do- get inventive! You could use clean yoghurt pots, coffee jars, teacups, plastic bottles or vegetable containers. Even fill up buckets, storage tubs or old furniture drawers.



**2**

Fill with peat free compost and don't forget to put a draining hole in the bottom!

**3**

Choose what to plant. You could buy pre-grown flowers for a Pot that is good to go. Or plant some easy to grow seeds like sunflower or nasturtium. Then the lucky receiver can watch them grow!

**4**

Give your Pot of Kindness to a neighbour or family member, leave in their garden or on their doorstep or windowsill!

## Other Easy Growing Ideas

- Try growing some cress in empty egg shells. Draw a face on the egg shells and as the cress grows it becomes the hair. You can then eat the cress in egg sandwiches.



- Germinate some seeds- the perfect science experiment for children. You could use empty cardboard toilet roll tubes, egg boxes or make your own pots from newspaper.
- Try growing some herbs or salad in a window box or on your windowsill and use them for tasty meals.

Some other ideas to spread some joy and fun in your community

- Have a sunflower growing competition in your street- who can get the tallest?!
- Encourage your neighbours to grow flowers and see who can have the most colourful garden
- If you can't plant or have real flowers, draw flowers on card/ plastic and stick them to twigs to decorate your garden.
- Make flowers from pebbles or stones in the garden or on the beach and add some greenery or driftwood for stems!

You can find more great ideas and growing activities from our partners in the Food for Life Get Togethers project:

<https://www.foodforlife.org.uk/get-togethers/get-involved/download-your-ffl-resource-pack>

We would love to see your finished Pots of Kindness make sure to take a photo and share it with us on Facebook @LinkGenNI or email [info@BJF.org.uk](mailto:info@BJF.org.uk)

