

POTS OF LOVE

Decorate a pot and plant it with fast-growing seeds or bulbs. Take it to your local care home so older people can enjoy watching your colourful creation grow!

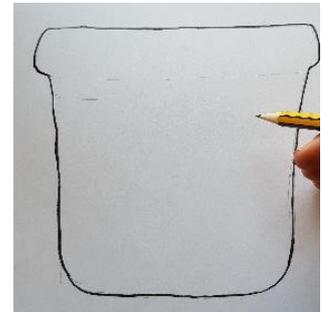
Equipment needed

- Plain terracotta pot
- Paints – acrylic are best, but poster paint or felt tip pens will also work
- Varnish – ‘suitable for exterior’ is best
- Compost or soil
- Seeds - quick-growing flowers include sunflower seeds, poppies, sweet peas and marigolds. Or you can plant things you can eat, like cress or rocket

Method

1. Design your pot. Do this on spare paper or use our template.

Bright colours and simple designs will work best, especially if your pot is quite small.



2. Carefully paint your design onto your pot and then leave it to dry.

Make sure you cover your work surface with old newspapers or a plastic bag to protect it from paint spills.

You could paint your pot outside where spills might not matter as much!



3. When the paint is completely dry, next paint your pot with a layer of varnish. This will protect the paint when it rains.

You may need to ask an adult to help you with this. Varnish can be tricky to open and can also be dangerous if it's not used properly.



4. Once the varnish is dry, fill your pot with compost or soil, then plant it with some seeds or bulbs.

Quick-growing flowers include sunflower seeds, poppies, sweet peas and marigolds.

Or you could plant edible things like cress, rocket or herbs.



5. You're finished!

Take your pot to your local care home for older people to enjoy!

They might place it on a windowsill or in the garden. Wherever it ends up, it will bring joy to those who see it.

