

# Muck, Moods and Magic



Suitable  
for all  
school  
staff and  
family  
workers

## Using plants and horticulture to meet children's social and emotional needs

This one day workshop will initially explore the evidence base for the therapeutic potential of being near to and nurturing plants. Practical, hands-on sessions will enable participants to experience how working with plants, engaging in enjoyable and creative activities, can help to explore and express thoughts and feelings.

Reflection and discussion of the issues raised will then be used to examine how such approaches might be applied in various settings with children to creatively address a range of issues.

No previous gardening experience necessary!

Simon Read is a qualified Horticulturist with extensive experience of working with individuals and groups of young people across the Northwest. He has provided training for multi-disciplinary groups and schools and is experienced in bringing therapeutic approaches into educational settings.

“Excellent, very informative and inspiring.” Parent Governor  
“Very informative and inspirational. I can't wait to get cracking!”  
HLTA

Monday 20<sup>th</sup> February 2012  
9.30-3.30

**eQe Training Centre**  
(attached to Abbey Hey Primary School )  
Cost: £80+VAT (includes lunch)



▲ Therapeutic Approaches ▲