



### What you need to take part in Blooming Well

You will need to collect together or buy some resources to do all of the activities. The kit list below gives you guidance on some of the things that we recommend you get together.

You are welcome to download and print off the Activity Sheets as they are produced each week – we have produced 6 theme sheets for each of the 12 topics. If you would prefer us to post them to you, please register and make a modest donation to Trust Links. We will also send a set of the Toady badges to you. If you would prefer you can print off and cut out your own badges.

Your first activity can be making your own Blooming Well box using an old shoebox or empty cardboard box! Decorate it with lily pads and Toady. Now fill your box with:

- A pair of scissors
- Glue stick
- String
- Coloured pens/crayons/pencils
- Paints
- Coloured card
- Paper
- Plastic wallets
- Googly eyes
- Lollypop sticks
- Dried lavender flowers
- A magnifying glass
- Wool
- Glitter
- Water beads
- Bubbles
- Paper plate
- Mini pompoms
- Sunflower seeds
- Basil seeds
- Cress seeds
- Climbing French bean seeds
- Parsley seeds

If you cannot get all the materials you can improvise and use just what you can find.

You will also need some recycled materials which can be found around your home, such as empty plastic milk bottles, empty cereal boxes, egg shells, egg boxes, garden soil or compost, empty toilet rolls etc...

We really hope that you enjoy these activities and videos that we have put together and would love you to share them on our closed Facebook page! You can find all of the activity sheets and videos on the website below.

If you like, you can print Toady, and stick him to your box!

