

GROWPURPLE

action
mental
health

World Mental Health Day

We annually remember this day to raise awareness and fight stigma around mental ill-health, instead promoting positive ways to improve wellbeing.

October is also the perfect time of year to plant spring flowering bulbs, so they can develop roots before the harsher winter season.

Crocuses especially are associated with new beginnings and symbolize the HOPE found in fresh starts.

Enjoy this mindful activity as we GROW purple and plant HOPE for the future.

Shopping List

- Plant pot/s
- Compost
- Grit
- Crocus Bulbs
- Plant marker

Step by step

1. Gather all your resources together and cover table with newspaper or wipeable cloth for easy cleaning.
2. Pre mix your compost and grit in a bucket (ratio 3:1), to allow the bulbs good drainage.
3. Read your bulb instructions or go by general rule of planting at x3 height of bulb.
4. Fill your plant pots with compost mix to that height, down from the rim.
5. Space out your crocus bulbs (root facing down) in your pot.
6. Top up your compost level to near the rim of your pot.
7. Water in well.
8. Use a plant label to remind yourself what you planted.
9. Leave in a winter sun spot, and if it doesn't get any rain, water occasionally through the season until spring.



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