

ULTURE



Arborist



Contractor



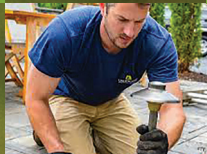
Company Owner



Horticultural Tech



Landscape Designer



Lighting & Irrigation



Nursery Worker



Grounds Manager



Small Engine Tech

About the Profession

The Landscape Horticulture Profession designs, builds and maintains landscapes to promote the joys and numerous health & wellness, environmental and societal benefits in our communities!

FUN FACTS

Word Bank

14.5 billion, 18 people, air conditioning

An acre of trees produces enough oxygen for _____ to breath every day.
Turfgrass on 8 healthy front lawns has the cooling effect of 70 tonnes of _____, enough to cool 16 homes.
Canada's ornamental horticulture industry has an economic impact of _____ dollars every year.

Careers

Consider a rewarding career as a landscape horticulture professional! There are numerous career opportunities in this profession where you can develop your skills and passion and work towards enhancing our natural environment!

Learn more about education and career opportunities at GreenCareersCanada.ca



Spending time outdoors in a natural or green environment is profoundly important to our health and well-being and can increase focus and academic performance, lower stress and symptoms of depression, increase physical activity, lower blood pressure, and boost your creativity.

Careers in LANDSCAPE & HORTICULTURE

Protecting and Enhancing lives



Building Strong Communities



Mitigating the Effects of Climate Change



Enhancing Quality of Life, Health & Wellness



PRESENTED BY



Horticulture Therapy

What is Horticulture Therapy

Today's Grow - Care - Share Activity

Activities to Try

Horticultural Therapy (HT) is a formal practice that uses plants, horticultural activities, and the garden landscape to promote well-being for its participants
(Canadian Horticultural Therapy Association, 2020)

Benefits of Horticulture Therapy *What do you feel?*



Increased Self Esteem



Improved Sense of Well Being



Reduced Stress



Decreased Anxiety



Improved Mood



Alleviated Depression



Increased Sense of Control



Improved Sense of Self Worth



Increased Feelings of Calm & Relaxation



Increased Sense of Stability



Improved Personal Satisfaction



Increased Sense of Pride and Accomplishment

1. GATHER MATERIALS

- Flowerpot, seeds, soil, water
- Research your seed/plants growing requirements

4. CHALLENGES

- Document your plant! Write a journal with dates and express with words and/or drawings of how your plant is developing.
- Think of someone who would benefit from having this plant.
- Give this plant to share the positivity!

2. PLANT YOUR SEED

- Fill your pot with soil.
- Make a hole in the centre of the soil for your seed (seeds should be planted at a depth of 2X the width of the seed).
- Cover your seed with soil.
- Carefully water, making sure the soil is moist.

3. CARE FOR YOUR SEEDLING

IN THE FOLLOWING DAYS

- Take care of your seedling by following your plant's growing requirements by providing; water, sun, nutrients and a warm environment.
- When your plant is big and healthy, it will be time for a bigger pot. When transplanting your plant be careful not to hurt its roots or leaves.

Horticulture Therapy activities are based on an individual's needs and encourage engagement of the senses!

VISION HEARING SMELL TASTE TOUCH



Try these Horticulture Activities!



FOREST BATHING

Participants take in and observe the forest through their senses, becoming truly aware and immersed in their surroundings.



GROWING FOOD

Participants start food from seeds and harvest fruit & vegetables that are used to make meals and snacks!



NATURE CRAFTS

With an end goal in mind, participants gather items from the outdoors to create an image on paper or other creation!