

# URBAN NATURE CHALLENGE



## Grow Your Own

### Objectives:

- Give an example of resilient behaviour
- Grow your own plant
- Find a solution to a global problem

In this lesson you're going to learn a bit more about resilience and draw connections between the resilience of the natural world and your own resilience.

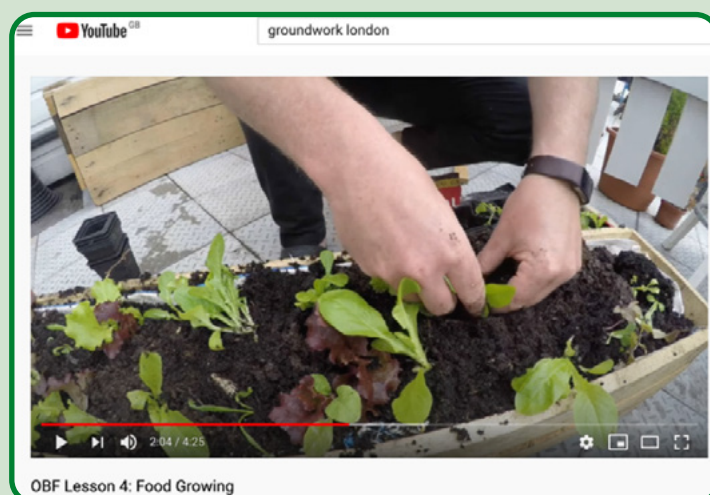
If you are unable to type in this document, make sure you have a piece of paper and pen so you can write your answers down as you go through the worksheet.

### Watch me - Challenge 4

To get you inspired and thinking more about plant growing, we set our Groundwork gardener Ben a nature challenge.

Watch this video to find out what he got up to:

[www.youtube.com/watch?v=MIUhE4LfuOI](https://www.youtube.com/watch?v=MIUhE4LfuOI)





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## Task 1

There are many different ways to understand resilience. Read through some of the definitions below:

- “The capacity to recover quickly from challenges.”
- “Resilience is about the ability to cope with what life throws at you. When you get knocked down, get back up, dust yourself off and come back even stronger!”
- “Getting through tough times and keeping going, no matter how hard things get in your life.”

Can you think of a time where you have had to overcome a challenge?

**If you are resilient, you are like a bouncy ball – you keep bouncing back!**





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## Task 2

Sometimes people talk about “natural resilience” but resilience isn’t something you were born with. There are lots of important factors that can determine how well you are able to overcome challenges – we can understand these as the building blocks for resilience.

On a piece of paper, draw 5 building blocks and label them with the basic factors that you need to survive and thrive!

Here’s an example:

**ENOUGH SLEEP**

**LEISURE ACTIVITIES**

**SPENDING TIME WITH FRIENDS**

**BEING SAFE**

**HEALTHY DIET**

When you’ve finished your resilience building blocks, go and make yourself a drink! Now that you have your drink you can either drink it sitting in front of a window, on your doorstep or in your outdoor space.





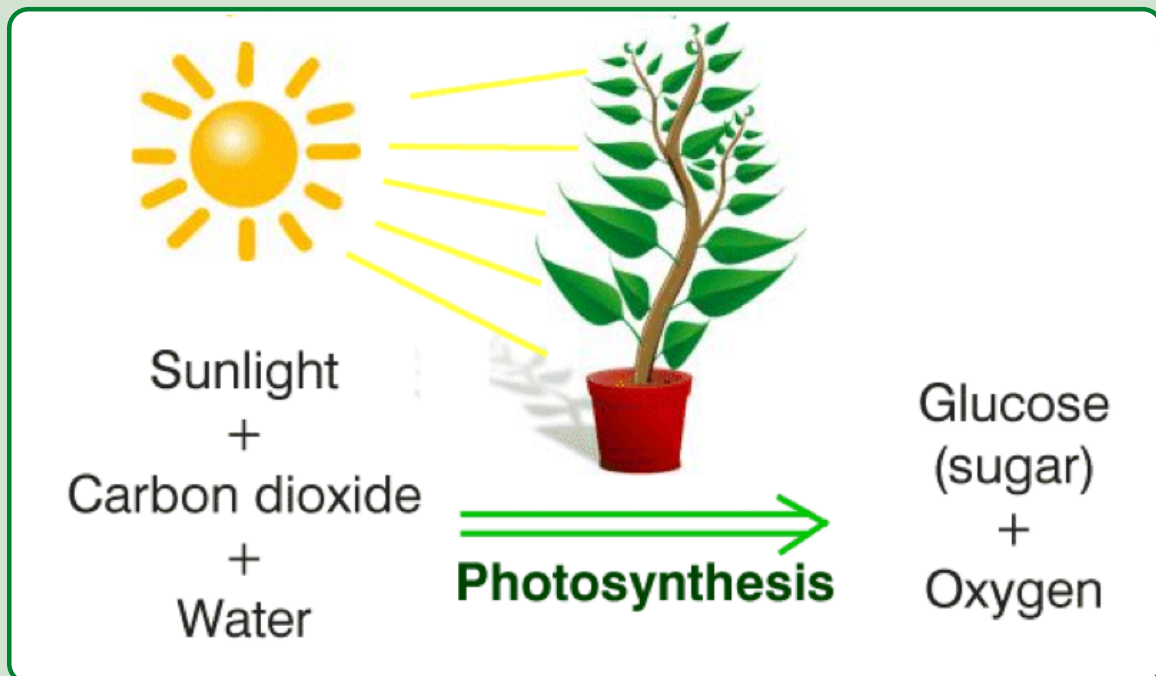
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## Task 3

Just like humans, plants need certain building blocks before they can grow and flourish. In Biology you may have learnt that plants grow as a result of photosynthesis.

You might be used to seeing plants growing in deep soil but in fact not all plants need soil to survive. As long as plants have their basic building blocks: sunlight, carbon dioxide and water they are able to overcome the challenges that come with the harshest conditions. They do this by adapting to their environment.



Watch the two videos below and write down 2 ways that the plants have adapted to their conditions:

1. Salt Solution: [www.bbc.co.uk/programmes/p005frtv](http://www.bbc.co.uk/programmes/p005frtv)

Adaptation:

2. Dragon's Blood: [www.bbc.co.uk/programmes/p005frls](http://www.bbc.co.uk/programmes/p005frls)

Adaptation:

Just like plants, people are also able to adapt to change and as a result take a resilient approach to overcoming challenges.



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## Task 4

Now we're going to have a go at growing some plants of your own!

If you don't have the materials you need at home make a note of them and ask a member of your household to buy them when they're next at the shops.

### Materials

- Cotton balls/ Cotton wool
- A box, cup or jar
- Dried beans – you can use any kind of dried bean: kidney beans, marrowfat peas, black beans, etc.
- Water



### Method

1. Take one handful of dried beans and place them in a cup or bowl. Cover the beans with cold water and let them soak overnight.
2. The next day, fill your cup, box or jar 3/4 full of cotton balls. Don't pack the cotton balls down. Keep them loose in the cup or jar. Fill it until the topmost cotton balls are about 2.5–5.1 cm from the top of the cup, box or jar.
3. Drip water on the cotton wool so that is just damp. Don't add too much water or the beans might not sprout. Only add enough to moisten the cotton balls without excess water in the bottom of the cup.
4. Space 2-3 beans 2.5 cm apart on an indentation in the cotton. Poke your finger into the cotton to make a shallow indentation for the bean seed to rest in. Make 2 to 3 indentations per cup. Don't push them down into the cotton or burrow them inside of the cotton wool.



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## Task 4 Continued

5. Place your bean container somewhere that gets lots of light – by a window would be good.
6. Water the beans when the cotton starts to get dry. In warm temperatures, you may need to do this every 2 days, and in cold temperatures, you may only need to water them 2 times per week.

It should take about 3 days for the beans to sprout!



## Task 5

Having a sense of belonging – often from having responsibilities and obligations – can help us to feel resilient. Sometimes, however, you can have too many responsibilities and feel weighed down.

You now have a responsibility to water your bean sprouts every two days.

What other responsibilities do you have?

To yourself....

To your school....

To your family....

To your neighbourhood...

To the world....

Write down all your responsibilities on a piece of paper.





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## Task 6

Growing can link to resilience in three ways:

1. The resilience of the plant itself
2. The resilience in you, as a plant parent
3. The resilience of the natural world



**How can growing your food locally impact the world globally?**

Look at the graphic on this website to find some examples:

[www.sowthecity.org/the%20benefits.htm](http://www.sowthecity.org/the%20benefits.htm)

