



# Kitchen Horticulture

## SEN PROGRAMME



### PROGRAMME OVERVIEW |

The EDGE Kitchen Horticulture program is designed to be a structured yet flexible activity that offers a range of benefits to our young people including enhancing emotional wellbeing, educational learning through practical application and social interaction within a small group.

### ACADEMIC COVERAGE |

- Biology, Chemistry, Physics
- Nutrition & Health
- Environmental Science
- STEM

**QUALIFICATIONS |** AQA Certificates

### DATES |

Commencing Spring '25  
Term time only

### DAY |

TBC

### TIME |

09:30-12:00 or 13:00-15:30

**WHERE |** EDGE Ahead Hub

**YEAR GROUP |** Year 8+



# Kitchen Horticulture

## CAREER PATHWAYS |

- Catering (farm to fork)
- Gardening/Landscaping
- Retail/wholesale outlets



## OBJECTIVES |

- **Reduce Anxiety and Stress** | Engaging in horticulture activities can have calming effects, reducing anxiety and stress and improve mood and emotional well-being.
- **Skill Development** | Activities like planting seeds, watering plants, and harvesting can help improve both fine and gross motor skills. Tasks such as planning a garden, identifying plants, and following instructions can enhance cognitive abilities and problem-solving skills.
- **Sensory Experience** | Working with soil, water, and plants provides various sensory experiences that can help individuals with sensory processing issues.
- **Social Skills and Communication** | Working together as a group in this session can foster teamwork, cooperation, and social interaction. Communication skills will be further enhanced by describing tasks, sharing experiences, and asking for help, all of which can improve verbal and non-verbal communication skills.
- **Independence and Responsibility** | Learning to grow and manage plants can foster a sense of independence and responsibility for care of plants.
- **Physical Health** | Gardening activities provide physical exercise, promoting overall physical health. Growing edible plants can increase awareness of healthy eating and nutrition.



## FOR MORE INFORMATION GET IN TOUCH

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**EDGE**: Ahead