

1»EXPLORE

## THEME

Connectedness

## SUB THEMES

Understanding Others

## Overview

Gardening is a recreation activity. The leadership journey may be compared to plants growing.

In this activity, Participants grow a plant from seeds or seedlings to give to someone else. The gift involves the care of the plant while it is growing. This caring is an act of service. Service to others is core to leadership and the building of interpersonal relationships.

Facilitators may use other gifts as the act of service for this learning activity.

## The Plant Gift

### Knowledge and skills

Beginning knowledge of others, developing empathy, service to others, understanding team and group dynamics, relationship building.

### Resources

- Seeds (e.g. herb seeds, flower seeds or vegetable seeds) or seedlings
- Dirt or potting mix
- Fertiliser (if needed)
- Garden gloves
- Trowel
- Pots (if needed)
- Watering can
- Leader Journal template



**STEP 1**

Discuss the leader's role in relation to service to others and self-leadership. Use the Leader Journal template.

**STEP 2**

Supply the group with a planting pot each or ask them to bring a pot from home. The other option is to plant a group garden on site.



**STEP 3**

Supply the gardening equipment and seeds. Describe how each resource contributes to the plant's growth.



**STEP 4**

Ask the group to describe how the gardening exercise might be an act of service to others. The period of time to nurture the plants is discussed with the group.

**STEP 5**

Demonstrate the planting of the seeds or seedlings. This is done in front of the group.



**STEP 6**

Participants plant the seeds or seedlings and water them.

**STEP 7**

Over the next period of time Participants continue to water and care for the plants.



**STEP 8**

At the end of the designated time period, the nurtured plants are gifted to a person chosen by each individual.



**STEP 9**

Reflection – Participants are asked to consider the self-leadership required to nurture and care for the plant, the time and effort required and how they felt in the act of service in gifting the plant.

**Activity extension ideas**

Relate the experience to learning about the biology of growing plants.



# LEADER JOURNAL

1»EXPLORE

NAME \_\_\_\_\_

## The Plant Gift

### Service to Others

Leadership is essentially an act of service. Just as the act of gifting a plant to someone is an act of 'leader service', so too are many of the day-to-day tasks we do for other people. Self-leadership and an ability to understand other people are essential to being able to lead others.

### HOW DO/DID THESE PEOPLE SERVE OTHERS?

#### WHAT DOES SERVICE TO OTHERS MEAN TO YOU?

What tasks have you done for someone else yesterday or today? E.g. doing the dishes at home, making a cup of tea for a family member, showing someone how to perform a skill at a sports practice.

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What could you do for another person that would help them in some way over the next week?

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HOW DO/DID THESE PEOPLE SERVE OTHERS?



Four horizontal lines for writing.



Four horizontal lines for writing.



Four horizontal lines for writing.



Four horizontal lines for writing.

