

play
day

IMPROVEMENT PROJECT

LANDSCAPING



INSTRUCTIONS:

Number of Participants:
4-5 adults and children

Materials:
Plants, flowers, seeds
or bulbs, peat moss,
landscape fabric, shovels,
rakes, garden hose, mulch

Description:
Landscaping is an easy way to improve your local park or playground and to make it an appealing community gathering space. Be sure to choose perennials so the flowers and plants come back for next year's Play Day!

Steps:
Remove all weeds and loosen up the soil with a metal rake. Mix in the peat moss.

Cover the area with landscape fabric to prevent weeds.

Now comes the fun part! Take each of the plants and place them (still in their pots) in the location where they will be planted. Once all plants are in good locations, cut holes in the landscape fabric where the plants will go and begin planting. It's best to start with the largest plants and work towards the smaller ones.

Pat down the soil around the plants and water thoroughly after planting.

If mulch is available, mulch around each plant. A good 3" layer of mulch saves water by insulating and protecting the soil, reducing the evaporation caused by sun and wind.



Play
matters

Studies indicate that children with ADD and ADHA showed fewer symptoms after playing outside in "green" environments.

Take
action

By encouraging kids to play outside for at least 60 minutes a day, you'll be helping them grow up healthy.