

## Lesson Plan Template – Horticultural Therapy

### 1. Session Details

Facilitator: \_\_\_\_\_

Date / Time: \_\_\_\_\_

Location: \_\_\_\_\_

Session Title / Focus: \_\_\_\_\_

Duration: \_\_\_\_\_

### 2. Group / Participant Information

Target group: (e.g. Older adults, NDIS participants, school group)

Number of participants: \_\_\_\_\_

Access considerations: \_\_\_\_\_

Support staff / volunteers: \_\_\_\_\_

### 3. Learning / Therapeutic Objectives

(What do you want participants to achieve? Keep 2–4 max.)

- Example: Increase confidence using tools.
- Example: Improve social interaction and teamwork.
- Example: Learn how to plant seedlings in pots.

### 4. Materials & Preparation

Materials / Tools: \_\_\_\_\_

Safety equipment: \_\_\_\_\_

Set-up required: \_\_\_\_\_

### 5. Session Outline

Time	Activity	Method / Instructions	HT Focus (skills, wellbeing, reflection)
0–5 min	Welcome & check-in	Greet, explain plan, safety briefing	Social connection, orientation
5–20 min	Warm-up activity	Sensory grounding	Focus, relaxation

		or icebreaker	
20–40 min	Main activity	Step-by-step gardening task	Skill building, teamwork
40–50 min	Reflection / sharing	Group discussion or journaling	Emotional processing, confidence
50–60 min	Pack-up & close	Clean tools, water plants, thank you	Responsibility, closure

## 6. Risk Management

Potential risks: \_\_\_\_\_

Controls / strategies: \_\_\_\_\_

Emergency plan / first aid: \_\_\_\_\_

## 7. Reflection & Evaluation

Participant outcomes observed: \_\_\_\_\_

What worked well: \_\_\_\_\_

What to adjust next time: \_\_\_\_\_

Facilitator notes: \_\_\_\_\_