

## TH Activity Plan – Forget Me Not Flowers, Dementia & Seed Pots

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**ACTIVITY DESCRIPTION:** Participants will make biodegradable seed pots for planting Forget Me Not seeds, these associated with Alzheimer Disease & dementia.

**THERAPEUTIC GOALS:**

**Cognitive/Intellectual:** Expand knowledge about this flower, connections to dementia; follow sequential steps

**Physical:** Strengthen fine motor skills & hand-eye coordination

**Psychological/Emotional:** Identify family members & connections to dementia; discuss delayed gratification & plant growth/blooms

**Sensory:** Expand tolerance for tactile materials

**Social:** Discuss advocacy, awareness & understanding of health issues like dementia; participate in service project

**Materials**

Toilet rolls, scissors, potting soil, seeds, water

Cardboard egg cartons, scissors, potting soil, seeds

Newspaper, scissors, jar or other form to create shape, potting soil, seeds, gloves

**STEP-BY-STEP PROCESS:**

1. **Pre-Session Preparation:** Gather materials, information about Alzheimer's disease & dementia, & make samples. Grow flowers ahead of session if possible.
2. Facilitator begins session by sharing the connection between Forget Me Not flowers & dementia/Alzheimer. Introduce several methods of creating seed pots for these or other seeds. The focus can include sustainable gardening practices. Materials are distributed for each seed pot when that type is presented.
3. Toilet Paper or Paper Towel Tubes Method: Cut rolls into 3" sections, cutting 1" slits in 4 places at one end. Fold the pieces to form a bottom. Fill with potting soil. Sow seeds. Peel off cardboard before planting seedlings in ground once germination has occurred.
4. Egg Carton Method: Poke a hole in each pocket (cardboard cartons preferred vs styrofoam). Fill with soil, sow seeds & keep moist. Transfer to in-ground garden, removing seedlings from seed pots.
5. Newspaper Pots Method: Cut newspaper (not glossy magazine paper) into long strips taller than the jar used for shaping seed pot. Fold a flap along the length of paper, unfolding this before rolling strip around jar. Twist the loose ends to create a base & push down to secure. Create a rim for sturdier construction using the pre-folded edge. Add soil, sow seeds & though these are biodegradable, it is recommended to remove paper pot before transplanting into ground.
6. Discussing Forget Me Not flowers, floral symbols for dementia & other charitable causes & ways participants can support health or environmental causes can promote positive & meaningful community & ecological efforts along with self-esteem.

**APPLICATIONS FOR POPULATIONS:** Gardening and plant tasks undertaken with people living with dementia can take many forms. (Refer to [THAD Community Gardening – Dementia Populations](#)). This TH activity making biodegradable seed pots can be modified to accommodate people with dementia, memory loss or other health challenges. For people living with dementia, and depending on their abilities, propensity for putting items in their

mouths or safety using scissors, parts of the activity can be undertaken excluding soil, seeds or scissors if these may cause safety concerns. Making the seed pots can be good physical activity for strengthening fingers, hand movements and hand-eye coordination. Making seed pots can also contribute to sense of accomplishment, and contributing to a group service project where others will plant the seeds and grow the Forget Me Nots in the seed pots.

This activity can be delivered where all three types of seed pots are made, or only one is selected, if this suits the population better. For groups that may find verbal directions challenging, using visual cues, and reducing the types of seed pots to one type may work best. Similarly, discussing the connection between Forget Me Not flowers and dementia can be introduced to groups who may find this cognitive part engaging and interesting.

“Alzheimer societies have chosen the Forget Me Not flower as a symbol to represent memory loss, one of the symptoms of Alzheimer’s disease. The Forget Me Not is also a reminder to remember people with Alzheimer’s disease and other dementias, as well as their caregivers. The three flowers in the symbol represent the person with dementia, the caregiver and the Alzheimer Society” (Alzheimer Society Canada, (ASC) 2025).

**SAFETY CONSIDERATIONS: Facilitators are responsible for knowing poisonous and toxic plants and plant parts.** Parts of this activity can be undertaken excluding soil, seeds or scissors if these may cause safety concerns re propensity for putting items in their mouths (seeds or soil) or safely using scissors. Gloves can be provided and should be used by people with skin abrasions or compromised immune systems.

**NOTES OR OTHER CONSIDERATIONS:** “The tiny blue five petalled flowers with yellow centers, known as Forget Me Nots, have become symbols of Alzheimer awareness across the globe. It is *Myosotis* spp. that is featured on pins, badges and educational materials. Forget Me Not flowers from the Boraginaceae family of plants, in the *Myosotis* genus consists of 153 species (Lee, 2024). Often grow in masses, the more common varieties are *Myosotis sylvatica* (woodland variety), and *Myosotis scorpioides* (aquatic variety). Various varieties of Forget Me Nots live as perennials, biennials or as annuals and can be blue, pink, white and purple. They are self-seeding, can be grown from seed, and are adaptable, able to thrive in a variety of environments. Some species of Forget Me Nots can be invasive” (House & Fleming, 2026).

#### REFERENCES/ RESOURCES:

- Alzheimer Society Nova Scotia. (2025). [The significance of the Forget Me Not symbol](#). Alzheimer.ca.
- Fleming, L. (2023). [TH activity plan – Community gardening – Dementia populations](#). University of Florida Therapeutic Horticulture Activities Database.
- House, B., & Fleming, L. (2026). The connection between Forget Me Not flowers and Alzheimer’s Societies. *Cultivate*, 6(1).
- Jabbour, N. (2020). [Get growing: Five DIY pots for environmentally friendly seed starting](#). Saltwire.com.
- Lee, C. (2024). [Myosotis ‘Forget-Me-Nots’: Perfectly suited to traditional, modern and formal settings](#). Horticulture.co.uk.
- Sweetser, R. (2025). [10 biodegradable planting pots and how to make your own](#). Almanac.com.

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TH Activity Plan form developed by Lesley Fleming, Susan Morgan and Kathy Brechner (2012), revised in 2025.

