

## HT Activity Plan – Wheatgrass in Eggshells

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Photo by Gardenista.com



### ACTIVITY DESCRIPTION:

Participants plant wheatgrass seeds into egg shells

### THERAPEUTIC GOALS:

**Cognitive/Intellectual:** learn about wheatgrass; growing plants from seed

**Physical:** fine motor skills, hand-eye coordination

**Psychological/Emotional:** metaphor: something 'broken' is still useful

**Sensory:** Describing different textures

**Social:** sharing stories (holiday memories, favorite dishes etc.) and sharing materials (seeds, soil, decorations)

### Materials

Empty egg shells (two per person)

Wheatgrass seeds

Potting soil or seed starting mix

Teaspoons for filling eggs

Tray or egg carton

Optional: egg topper for prep, glue, googly eyes, pens etc. for decorating

### STEP-BY-STEP PROCESS:

1. **Pre-Session Preparation:** save eggshells – using an egg topper is helpful to avoid sharp edges, gently clean and dry. Sand off sharp edges if there are any, or have participants do this. Purchase wheat grass seed and soil
2. Introduce wheatgrass - what is it, what are its uses, when did it come more widely used?
3. Prepare soil by adding enough water to moisten and mix thoroughly
4. Fill eggshell(s) with soil using teaspoons
5. Spread wheatgrass seeds evenly on top of soil
6. Option of gluing googly eyes or drawing a face on the shell
7. Option of making gift cards or care instruction cards and attaching them to the container
8. Gently water (option to poke hole with a tack for drainage in the bottom of the shell)

**PRE-SESSION PREPARATION:** gather and clean egg shells that have been cracked leaving half to three quarter. Be cautious with jagged edges.

**APPLICATIONS FOR POPULATIONS:** For those with memory loss, eggs may prompt a discussion on holidays past and how eggs might have been used: egg hunts, egg dishes, owning chickens, etc. This activity can be done with children as a social skills building opportunity where the egg is given as a gift (can be done over two weeks). This activity provides whimsy for any population and can be paired with discussions on the therapeutic value of laughter and fun, or making fun of ourselves

**SAFETY CONSIDERATIONS:** sharp egg shell edges; wheat allergies

**NOTES OR OTHER CONSIDERATIONS:**

<https://www.webmd.com/food-recipes/wheatgrass#:~:text=Wheatgrass is the young grass of the wheat,seeds in water and then harvesting the leaves.>

<https://www.blendtopia.com/blogs/wellness/wheatgrass-in-smoothies>

Edits were made for THAD purposes in 2024.

TH Activity Plan form developed by Lesley Fleming, Susan Morgan and Kathy Brechner (2012), revised in 2024.