

PLANT POTTING AND PAINTING



PURPOSE:

Why?

Hosting a Succulent and Pot Painting event is a wonderful way to combine creativity with the calming presence of nature, fostering mindfulness, self-expression, and reducing stress. This event provides a relaxing and supportive environment, promoting self-care and community bonding, both vital for mental health.

HOW TO:

Materials & Budget

- Succulents (\$30-80 depending on how many students participate)
- Soil (\$10)
- Small Pots (\$25-40 or free if it comes with the succulents)
- Acrylic Craft Paint (\$20 or free if you can use school materials)
- Paint Brushes (\$15 or free if you can use school materials)
- Paper Towels (\$5 or free if you can use school materials)
- Cups (\$5 or free if you can use school materials)
- Water (free!)

Instructions

- Lay out your succulents, pots, paint, and paintbrushes on the table.
- Have cups with water out so students can dip their paintbrushes in.
- Get creative while painting your succulent pots! Paint a design or write a mental health affirmation!
- Once the paint is all dry place your succulent in the pot, and take home!

Timeline

Preparation time for this activity is a few days. You will need buy the succulents and the pots. This activity can take 20 minutes or longer.

Impact

This activity is great for club meetings as it is a creative, hands-on activity. However, you can host a Succulent and Pot Painting event at a club fair or a mental health fair to engage the larger school community!

Example(s)

Example from Carlmont High School BC2M!



Example from Lincoln Way Central High School BC2M!



Post photos from this activity to your club Instagram and tag @bc2mhighschool

