

HORTICULTURAL RATIONALE:

2025/26

Horticulture benefits pupils with additional needs in a range of ways. This rationale is designed to support teachers to understand how and why horticulture can benefit our pupils and support them in identifying pupils, setting aims and monitoring outcomes.

SENSORY-RICH EXPERIENCES that engage multiple senses, supporting sensory processing challenges common in SEN through hands on Horticulture therapy.

ENCOURAGE FOCUS, SELF-REGULATION, and responsibility through nurturing living things and nature based activities.

PROMOTES MOVEMENT AND FINE AND GROSS MOTOR SKILLS DEVELOPMENT, improving coordination and physical strength especially through planting activities

REDUCES ANXIETY AND STRESS, enhancing emotional regulation and mental well-being by spending time in the natural environment.

FOSTERS SOCIAL INTERACTION in group settings, helping build communication and social skills.

BOOSTS SELF-ESTEEM, CONFIDENCE, and a sense of achievement through success in growing plants.

SENSORY EXPLORATION, provides a safe and engaging way for individuals to explore their senses through touching soil, smelling flowers, and tasting produce they helped grow.

REPETITION AND STRUCTURE in tasks in gardening support routine and predictability, beneficial for learners with SEN.

SUPPORTS COGNITIVE DEVELOPMENT through problem-solving, planning, and sequencing skills.

HELPS IMPROVE ATTENTION SPAN and memory when engaging with nature

HELPS REDUCE tactile defences.