

Beyond Blue - Timetable of Activities

Book via <https://www.eventbrite.co.uk> Book via <https://www.eventbrite.com.au/o/38177020473>

Date	Description	Activity
Wednesday 25 March - 10am to 12pm - sessions every half hour	Interactive 20-minute session will get students up and moving with lots of activity and music from First Nations organisation, Wayapa Wuurk.	Connection and Education session
Wednesday 25 March - 12pm to 2pm sessions every 30 minutes	This interactive 30-minute session is designed for school students to engage in a lively discussion that builds knowledge and understanding. The workshop concludes with each student crafting a seed ball to bring back to their school or home. Students will have the option to select either a pollinator-attracting flower or a bird-supporting ground cover, which they can shape with clay. Additionally, if time allows, they can embellish their creation with dried herbs or inscribe it with intricate patterns.	Seed Balls
Thursday 26 March - 10am to 12pm sessions every half hour	Interactive 20-minute session will get students up and moving with lots of activity and music from First Nations organisation, Wayapa Wuurk.	Connection and Education session
Thursday 26 March - 12pm to 2pm sessions every 30 minutes	This interactive 30-minute session is designed for school students to engage in a lively discussion that builds knowledge and understanding. The workshop concludes with each student crafting a seed ball to bring back to their school or home. Students will have the option to select either a pollinator-attracting flower or a bird-supporting ground cover, which they can shape with clay. Additionally, if time allows, they can embellish their creation with dried herbs or inscribe it with intricate patterns.	Seed Balls
Friday 27 March - 10am to 12pm sessions every half hour	Interactive 20-minute session will get students up and moving with lots of activity and music from First Nations organisation, Wayapa Wuurk.	Connection and Education session
Friday 27 March - 12pm to 2pm - sessions every 45 minutes	This interactive 30-minute session is designed for school students to engage in a lively discussion that builds knowledge and understanding. The workshop concludes with each student crafting a seed ball to bring back to their school or home. Students will have the option to select either a pollinator-attracting flower or a bird-supporting ground cover, which they can shape with clay. Additionally, if time allows, they can embellish their creation with dried herbs or inscribe it with intricate patterns	Seed Balls
Friday 27 March - 6pm to 8pm	Join us for a fun, hands-on Therapeutic Horticulture Workshop where adults and kids can relax, get creative, and connect with nature. Participants will personalise and decorate a cardboard vase, before bringing it to life with beautiful flowers and natural materials. This family-friendly session encourages creativity, mindfulness, and a sense of wellbeing through simple, nature-based crafting. Each participant will take their creation home to keep and reuse throughout the seasons.	Flower & Nature Collector Boards with Mandy Agrawal
Saturday 28 March - 11am to 2pm - 2 every half hour	All ages, kid friendly workshop that offers a relaxed and enjoyable approach to learning about propagating plants from cuttings. This is a fantastic method of duplicating existing plants to create (free) new plants for home, to gift or share with the community. Participants will be learning about plant structure, appropriate soil composition and how to tend to a cutting at home.	Propagating from Cuttings with Shani Shafrir

Beyond Blue - Timetable of Activities

Date	Description	Activity
	Each participant has the opportunity to take a planted cutting home with them.	
Saturday 28 March - 2pm to 4pm	In this workshop participants will have a chance to create a mandala using plant and other materials from nature. As we build the mandala, Pauline Marsh, an expert in nature connection and nature-based dementia support, will be on hand to talk about how and why nature plays an important role in reducing stress. Each workshop group will build on the work of the previous group, and at the end of the three workshops the mandala will be dismantled.	Sensory Mandala Making with Pauline Marsh
Saturday 28 March - 6pm to 8pm	Hapazome is a Japanese technique that involves smashing flowers and foliage into material in order to release the pigment. It is a multi sensory activity, involving the physicality of the hammering, the aroma that is released upon smashing, the visual selecting of plant material and the scene that is being created all alongside the sound of many people hammering. Last year these sessions created some significant moments for people as they were given permission to release something within themselves as they created something new and beautiful. It was pretty amazing.	Hapazome with Kayte Kitchen
Sunday 29 March - 11am to 1pm	This kid friendly workshop offers a creative, stress-free space to engage MIFGS visitors in art and craft, while learning how to save seeds, to encourage home gardening, heirloom seed saving and community engagement via seed swaps. Learn simple and accessible methods to save seeds at home with proper storage, while engaging in creative seed envelope making. Give seeds as presents, share with your community and elevate your own garden journey.	Seed Saving & DIY Seed Envelopes with Shani Shafrir