



Research studies show that looking after house-plants has a very positive effect on our well-being. In addition, other research shows that people who have higher well-being are more likely to recycle and act in environmentally-positive ways - so this is a real win:win activity!

## What to do

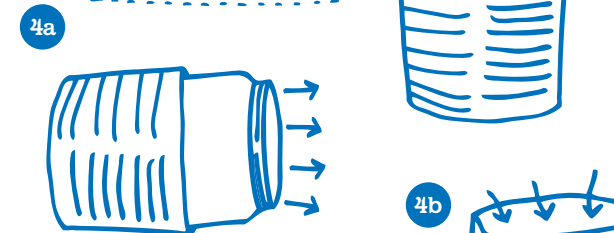
**1** Take a double-paged sheet of newspaper and fold it in half width-ways. Wrap it loosely around a jam jar - leaving about 5cm of paper sticking out beyond the mouth of the jar.



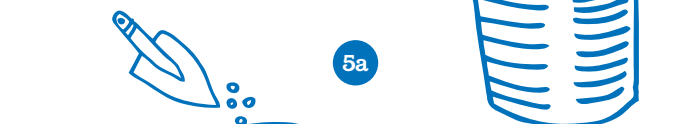
**2** Tuck the paper loosely into the mouth of the jar and slide the paper off. (You should have the start of a little plant pot.)



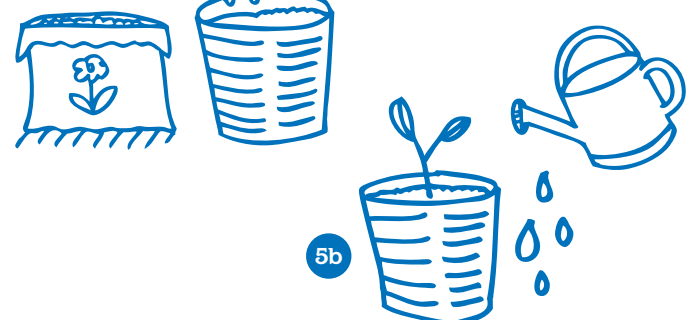
**3** Set your pot on a flat surface, then push the jam jar back into the paper pot so that it scrunches the paper flat to create the bottom of the pot.



**4** Remove the jar and fold over the top edge of the pot to strengthen it.



**5** Fill 2/3 of the pot with potting compost and firm it down. Poke a little hole in the middle and pop a baby spider plant into the hole. Fill around the plant with a bit more soil and firm down. Keep the plant moist but not wet and watch it grow!



## Why spider plants?

We love spider plants because they're really easy to look after and they're great at soaking up lots of household pollutants like smoke, formaldehyde and carbon dioxide. They also remind us of our grannies! If that's not enough, their best property is that they give off oxygen - and make lots of baby plants you can pass on to friends!

