



THE GOOD LIFE

2025 COURSE PLAN



think outside
be creative
think independently
work together
grow and nurture

	Winter	Easter	Spring	Summer	Autumn	Christmas
Week	TBC	TBC	22 nd Apr – 20 th May	3 rd June – 24 th June	TBC	TBC
1	Notebook project	Spring clean	Weaving baskets	Beach bag project	DIY plant pots & house plant propagation	Christmas decorations
	<i>Re-using old blank scrap/notebook leftovers to create beautiful new items</i>	<i>Making eco cleaning products</i>	<i>Fabrics & other materials</i>	<i>Re-cycling and up-cycling various man-made and natural materials</i>	<i>Spider plant/jade plant/cacti/tradescantia/begonia/pothos</i>	<i>Felt/clay/tin/paper</i>
2	Bread from scratch	Pasta from scratch	Fruit & veg	Lentils/tofu & seitan	Easy snacks	Fermenting & preserving
	<i>Focaccia & tomato soup</i>	<i>Mushroom & tofu tagliatelle</i>	<i>Snacks & healthy deserts</i>	<i>Plant-based protein alternatives</i>	<i>Humous/flapjacks/ fast bread</i>	<i>Kombucha/kimchi/cornichons/marmalades/pickles</i>
3	Visible mending/ basic embroidery/ missing buttons	Simple patterns & zero waste patterns	Simple patterns - travel	Simple patterns - kitchen	Mending jumpers & basic crochet skills	Turning up trousers/ simple mending and basic hand stitching
	<i>Basic needle skills in everyday life</i>	<i>Shirt or trousers</i>	<i>Laundry bag/wash bag</i>	<i>Kitchen apron</i>	<i>Visible and invisible mending using basic techniques</i>	<i>Basic by hand mending & sewing machine skills</i>
4	Micro greens and sprouting	Planting potatoes & tomato seeds	Planting herb seeds & herb propagation by cutting	Planting flower seeds	Harvesting potatoes & propagating mint from cuttings	Planting spring bulbs in troughs and pots
	<i>Mustard/radish/ cress/ beetroot/alfalfa/ radish/ fenugreek /lentils/mung beans</i>	<i>Potatoes in large buckets & tomatoes to take home</i>	<i>To take home in troughs or pots</i>	<i>To take home in decorated terracotta pots</i>	<i>Leek & potato soup</i>	<i>Narcissus/crocuses/ snowdrops</i>
	Week 4: Discussion & Swap Shop					
	Recycling	Community	Education	Travel	Shopping	Energy