

NEWS BREAK

Article: **How gardening provided solace for 2 grieving Pacific Northwesterners**

Section: **THE MIX, E12**

Sunday's News Break selects an article from **Sunday, September 17, 2023**, of The Seattle Times print replica for an in-depth reading of the news. Read the selected article and answer the attached study questions.

You are encouraged to modify this lesson to fit the needs of your students. For example, some teachers might use this as a take-home assignment and others might read and answer the questions in a small group or larger, class discussion.

****Please be sure to preview all NIE content before using it in your classroom to ensure it is appropriate for your students.***

Standards:

CCSS.ELA-Literacy.RI.4.1

- Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text.

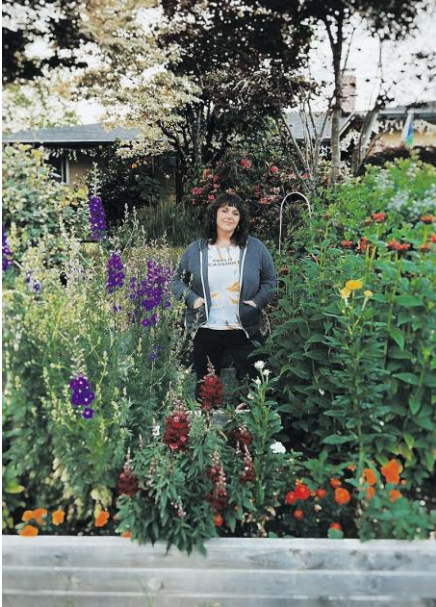
CCSS.ELA-Literacy.RI.4.2

- Determine the main idea of a text and explain how it is supported by key details; summarize the text.

Objectives:

Students will learn about the importance of gardening during the grieving process. They will discuss whether their family gardens and if they've ever planted or grown something before and how that made them feel. They'll discuss the link between caring for a garden and relieving stress and sadness. They'll also talk about the gardening process in terms of the senses-touching the soil textures, smelling the flowers, being outside in nature, looking at the plant colors and how these can provide healthy distractions during stressful times.

Pre-Reading Discussion:



- What do you think the article will be about, using these pictures?
- Are there any clues? What can you infer?

Vocabulary Building:

Read this sentence, what do you think the highlighted words mean using *context clues*? A **context clue** is a word or words that are hints and refers to the sources of information outside of words that readers may use to predict the identities and meanings of unknown words.

Tending to plants — whether outdoors in a backyard or indoors with a collection of houseplants — when we are **mourning** can be a powerful way to work through our emotions.

Mourning Guess:

Mourning Definition:

Comprehension Questions:

1. Experts say caring for plants while mourning can help the bereaved process what?

2. “There is a therapeutic aspect to being out in the garden — it can be calming and reduce feelings of _____ and _____,” Hawley said.
3. Hawley’s experience is not uncommon and even has its own name-what is it?
4. Tending to _____ — whether outdoors in a backyard or indoors with a collection of houseplants — when we are mourning can be a powerful way to work through our emotions.
5. Grief experts report that gardening has various therapeutic benefits during times of distress, including what?
6. Although grief is unique to every person, emotions are often _____, _____ and _____ said Rebecca Mullins, a certified grief and trauma coach in Seattle.
7. Researchers have found a connection between plants and the positive impact they have on our _____, particularly during times of acute distress.
8. Multiple studies have found that caring for plants can do what?
9. While many people think of gardening as an individual act, there can also be a supportive, _____ aspect to it.
10. “Oftentimes, people can feel lost in their grief, and tending to plants can be a _____, active way to move through their emotions,” West said.

Discussion Questions (small/large groups), Journal Prompts or Essay Questions:

- ***What surprised (or stood out to) you in the article?***
- ***At first, I thought _____, but now I think _____?***
- ***What things did you already know from prior experience?***
- ***Do you and your family garden?***
- ***Have you planted a plant or vegetable/fruit before? How did it feel to grow and take care of something?***
- ***Can you see the link between caring for a garden and relieving stress and sadness? How?***

“Gardening can be a way to channel these feelings,” she said. “It engages the senses — the smell of the flowers, the texture of the soil, the different plant colors — all of this can be grounding and provide a healthy distraction during stressful times.”

- *Do you agree with the above statement? Why or why not?*

News Break is posted to the Web on Tuesday. Please share this NIE News Break program with other teachers. To sign-up for the print replica for your class, please [register online](#) or call 206/652-6290 or toll-free 1-888/775-2655.

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