



THE GOOD LIFE 2025 COURSE PLAN



think outside
be creative
think independently
work together
grow and nurture

	Winter 14 th Jan – 11 th Feb	Easter 4 th Mar – 1 st Apr	Spring 22 nd Apr – 20 th May	Summer 10 th June – 8 th July	Autumn 23 rd Sept – 21 st Oct	Christmas 11 th Nov – 9 th Dec
1	Notebook project <i>Re-using old blank scrap/notebook leftovers to create beautiful new items</i>	Spring clean <i>Making eco cleaning products</i>	Weaving baskets <i>Fabrics & other materials</i>	Beach bag project <i>Re-cycling and up-cycling various man-made and natural materials</i>	DIY plant pots & house plant propagation <i>Spider plant/jade plant/cacti/tradescantia/begonia/pothos</i>	Christmas decorations <i>Felt/clay/tin/paper</i>
2	Bread from scratch <i>Focaccia & tomato soup</i>	Pasta from scratch <i>Mushroom & tofu tagliatelle</i>	Fruit & veg <i>Snacks & healthy deserts</i>	Lentils/tofu & seitan <i>Plant-based protein alternatives</i>	Easy snacks <i>Humous/flapjacks/ fast bread</i>	Fermenting & preserving <i>Kombucha/kimchi/cornichons/marmalades/pickles</i>
3	Visible mending/ basic embroidery/ missing buttons <i>Basic needle skills in everyday life</i>	Simple patterns & zero waste patterns <i>Shirt or trousers</i>	Simple patterns - travel <i>Laundry bag/wash bag</i>	Simple patterns - kitchen <i>Kitchen apron</i>	Mending jumpers & basic crochet skills <i>Visible and invisible mending using basic techniques</i>	Turning up trousers/ simple mending and basic hand stitching <i>Basic by hand mending & sewing machine skills</i>
4	Micro greens and sprouting <i>Mustard/radish/ cress/ beetroot/alfalfa/ radish/ fenugreek /lentils/mung beans</i>	Planting potatoes & tomato seeds <i>Potatoes in large buckets & tomatoes to take home</i>	Planting herb seeds & herb propagation by cutting <i>To take home in troughs or pots</i>	Planting flower seeds <i>To take home in decorated terracotta pots</i>	Harvesting potatoes & propagating mint from cuttings <i>Leek & potato soup</i>	Planting spring bulbs in troughs and pots <i>Narcissus/crocuses/ snowdrops</i>
5	Recycling <i>“Swap shop” (real things from your home + eco ideas)</i>	Community <i>“Swap shop” (real things from your home + eco ideas)</i>	Education <i>“Swap shop” (real things from your home + eco ideas)</i>	Travel <i>“Swap shop” (real things from your home + eco ideas)</i>	Shopping <i>“Swap shop” (real things from your home + eco ideas)</i>	Energy <i>“Swap shop” (real things from your home + eco ideas)</i>