



## The Center for Student Wellness and Counseling Services (CSWCS) is Presenting... Make Your Own Terrarium Event

The CSWCS will be hosting a make your own terrarium activity for students during our “A Breath of Fresh Air” themed Spring DeStress Fest on April 11, 13, and 15. We will be providing air plants (1 per student), as well as rocks/pebbles, moss, and decor for inside your terrarium. To be environmentally conscious, we ask that students bring their own small recycled/reused container for their terrarium. This activity is sign-up only (limited slots) — please sign up on the form outside of the CSWCS.

### INFO ON TERRARIUMS:

What is a Terrarium? Terrariums are low maintenance miniature gardens, housed inside small containers like bottles and jars. As fully functioning plant ecosystems, they’re mostly self-sustaining, with the plants watering themselves through transpiration and condensation.

Open vs. Closed Terrariums? Having an open vs. closed terrarium depends on what plants you will be putting into the space. For air plants (which do not require soil), open containers are recommended, with indirect sunlight, misting with water occasionally.

### WHAT CONTAINER CAN I USE FOR MY TERRARIUM?

There are numerous options for reused/upcycled containers for your terrariums. Examples include:

- Mason Jar
- Soup Can
- Conical Flask
- Glass Cup
- Wine bottle
- Empty Candle jar
- Pop (soda) bottle/can
- Spice container
- Vase
- Milk jug
- Lightbulb
- French press coffee maker
- Water filter Container
- Mug
- Pre purchased plant pot
- Low Bowl
- Tupperware
- Small Fish bowl
- Water bottle
- Kitchen containers (sour cream, dip, yogurt, etc)
- Coffee canister
- Tea Kettle
- Watering can



*Sign up to make your own terrarium on the sign-up sheet outside the CSWCS Suite A-200 (next to the library). For any questions, including inquiries about acceptable containers to bring, please contact the Center at [mcharlson@neomed.edu](mailto:mcharlson@neomed.edu), or stop in. Also, students will have the chance to submit photos to the CSWCS of their completed terrariums for a chance to win a free light therapy lamp! We look forward to seeing you there.*



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