

The Regenerative Gardening Toolkit Worksheets

Chapter 1 — Soil Is Alive: Understanding the Living System

Soil Life Awareness Worksheet

Observation Prompts

- I can identify at least 3 visible signs of soil life (worms, fungi, insects, roots).
- I noticed differences in soil smell, colour, or texture.
- I observed where soil is bare vs. covered.

Reflection

- What surprised me about my soil today?
- What signs of life did I notice that I hadn't seen before?

Chapter 3 — Organic Matter, Compost & Mulch

Compost & Mulch Action Planner

Compost Check

- Added greens
- Added browns
- Moisture level OK
- Turned or aerated

Mulch Check

- Applied 5–8 cm layer
- Kept mulch away from stems
- Used diverse materials (leaves, straw, wood chips)

Next Steps

- What organic matter sources can I gather locally?

Chapter 4 — Soil Regeneration Step-By-Step

Observation Checklist

- Soil texture
- Moisture level
- Visible soil life
- Recent organic matter additions

Action Planner

- Mulch added? Yes / No
- Compost applied? Yes / No
- Plants rotated or cover crop sown? Yes / No
- Notes:

Chapter 6 — Pollinators, Plants & Soil Connections

Pollinator Habitat Builder Worksheet

Habitat Checklist

- Early-season flowers
- Mid-season flowers
- Late-season flowers
- Flower patches grouped (not isolated)
- Water source available
- No pesticides used

Soil Connection Prompts

- Where will new flowering plants add root diversity?
- What groundcovers can I add to protect soil?

