A BEGINNER WORKBOOK

Houseplants Made Simple

A beginner workbook for happy indoor plants

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CHAPTER 1

Finding the Right Light

20 minutes, a notebook and a walk around your home

Light is food for plants. Before you buy a new plant, find out how much light each part of your home gets, then choose plants that like that light.

- Find the brightest spots in your home
- Learn the three kinds of indoor light
- Match one plant to each spot

Most houseplants come from forests where they grow under taller trees. That is why many of them like bright light that does not hit them directly.

Exercise 1 · Light in my home

Room	Window faces	Light level
Kitchen		
Living room		
Bedroom		
Hallway		

The three kinds of light

Bright direct light is the sun shining straight onto the plant. Bright indirect light is a bright room where the sun does not touch the leaves. Low light is a corner far from a window. Plants such as snake plants and pothos cope with low light, while cacti and herbs want bright direct sun.

Walk through your home at midday and look at each window. Write down which way it faces and how bright the room feels. This simple map tells you where each plant will be happiest.

Exercise 2 · Before you buy

- [ ] Check the window direction
- [ ] Note hours of sun
- [ ] Read the plant label



CHAPTER 2

Watering Without Worry

15 minutes, a pencil and your plants

More houseplants die from too much water than too little. The good news is that a simple finger test tells you when to water.

- Use the finger test before watering
- Water deeply, then let the soil dry
- Spot the signs of overwatering

Push your finger into the soil up to the first knuckle. If the soil feels dry, it is time to water. If it still feels damp, wait a few days and check again.

Exercise 1 · The finger test

- [ ] Push a finger into the soil
- [ ] Feel if the top is dry
- [ ] Water only if it is dry

How to water

Pour water slowly until it runs out of the holes at the bottom of the pot. Let the extra water drain away, and never leave the pot standing in a saucer of water. Roots need air as well as water.

Signs of too much water

Yellow leaves, soft stems and soil that smells sour all mean the plant is getting too much water. Let the soil dry out and water less often. Most plants recover if you catch it early.

Exercise 2 · My watering notes

Which plant needs water most often?

Which plant needs the least?



CHAPTER 3

Your Weekly Plant Routine

10 minutes a week

A short routine each week keeps your plants healthy and helps you notice problems early. Pick one day, like Sunday morning, and make it your plant day.

- Check every plant once a week
- Turn pots so they grow evenly
- Keep a simple care log

Plants change slowly, so a weekly check is enough to keep them on track. Look at each plant, test the soil and write a short note in your log.

Exercise 1 · My weekly plant log

Plant	Watered?	Notes
Pothos		
Snake plant		
Peace lily		
Basil		

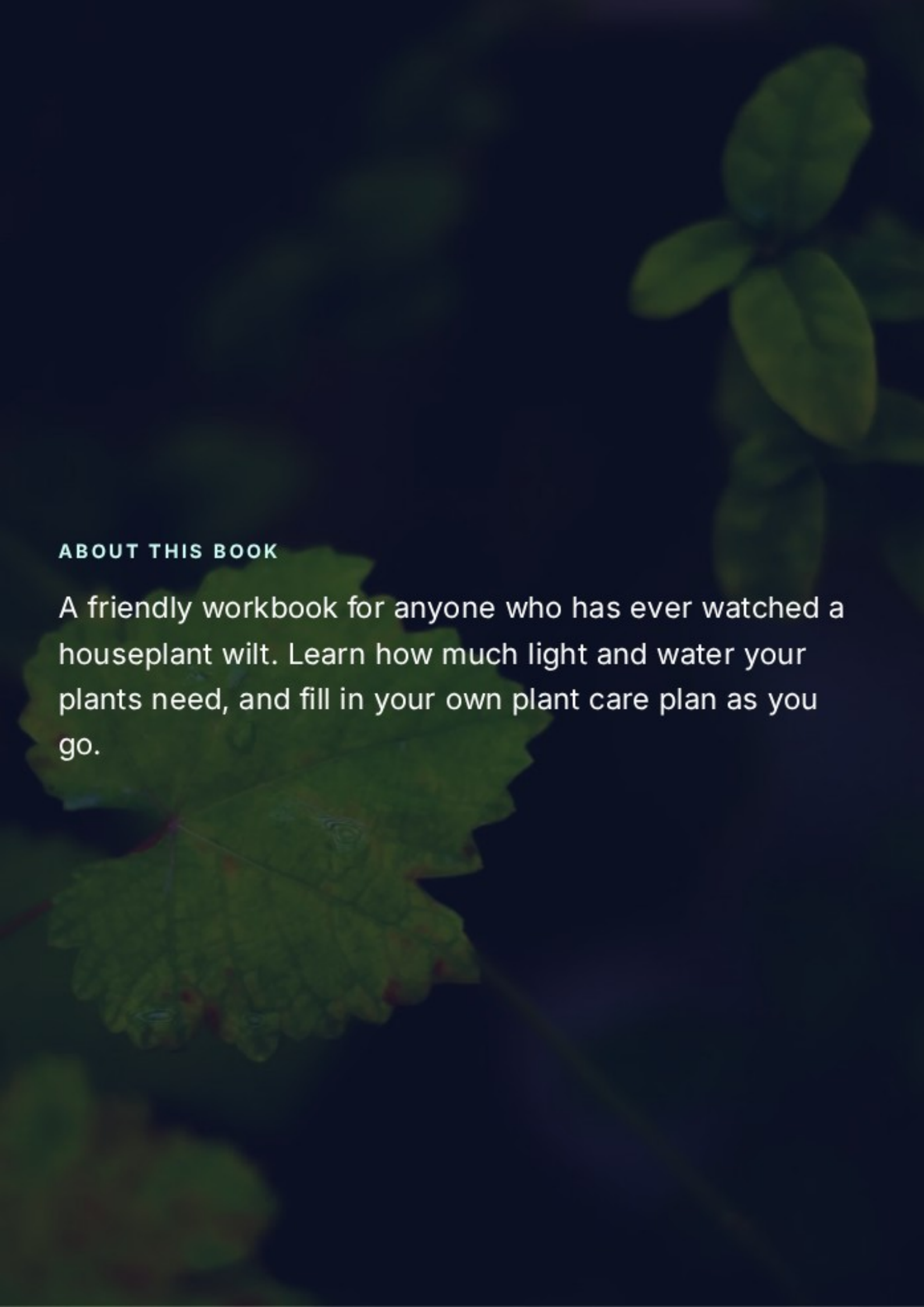
Small habits that help

Turn each pot a quarter turn so all sides get light. Wipe large leaves with a damp cloth so they can soak up more light. Pull off any yellow or dead leaves so the plant can put its energy into new growth.

After a month, read back through your log. You will see which plants need more water, which like more light, and how much your care has helped them grow.

Exercise 2 · Plant day checklist

- [ ] Check the soil
- [ ] Turn each pot
- [ ] Wipe dusty leaves
- [ ] Remove dead leaves



ABOUT THIS BOOK

A friendly workbook for anyone who has ever watched a houseplant wilt. Learn how much light and water your plants need, and fill in your own plant care plan as you go.