

## **ACTIVITY: CREATING A SENSORY CONTAINER GARDEN**

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**Description:** Participants will create a sensory garden in a pot using plants with a variety of scents, textures, tastes, and sounds.

**Goal:** Participants will get a taste of gardening as a self-care tool by engaging in an activity that activates the senses and creates a meditative space.

### **Materials**

- Plants that activate different senses
- 8” pot with saucer
- Potting soil
- Water & watering can or bottle
- Potting tub
- Coffee filters for lining bottom of pot
- Gloves
- Clippers or scissors
- Decorative rocks
- Handouts

**Steps:** *Participants will ...*

- Select 4 plants
- Explore the plants, noticing their texture, scent, taste, appearance
- Prepare container (cover holes with filter)
- Moisten soil and mix
- Fill pots with soil
- Plant 4 small plants, spacing equally around pot
- Water
- Add rocks or decorations to create garden atmosphere
- Discuss plant care