

ACTIVITY: GOING ON A “WALKABOUT” IN THE GREEN ACRE GARDEN

Jon Lewis, lead MG

Description: Guided by a Master Gardener, participants will leisurely wander through the garden, experiencing its sights, sounds, scents, tastes, and textures.

Goal: Participants will have an increased awareness of how being in the garden and nature can support their own and others' self-care, relaxation, and mindfulness.

Materials

- Possible foods for tasting: dragon fruit and edible flowers (prepped in advance and kept in coolers)
- Magnifying glasses

Steps: *Participants will . . .*

- Explore various sections of the garden (guided by an MG, with minimal discussion), noticing textures, scents, sounds, growing habits, and appearance of the plantings and wild spaces
- Start and finish at the same spot
- Stop periodically to take a closer look
- Taste one or two items that grow in the garden (MG will provide; OK to pick from perennials and annual flowers; avoid picking seasonal edibles)
- Experience being in nature in a garden, including feeling the sun and wind, listening to birds, insects, and other sounds, and noticing scents