**Workshop Title (time length of class)**

**Creating a Sensory Container Garden - Lesson Plan Template**

**Purpose**

* 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.

**Description**

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

**Materials**

* Plants that activate different senses
* 8” pot with saucer
* Potting soil
* Water and watering can or bottle
* Potting tub
* Coffee filters for lining bottom of pot
* Gloves
* Clippers or Scissors
* Decorative Rocks
* Handouts

**Procedure**

* Select 4 plants
* Explore the plants, noticing their texture, scent, taste, appearance
* Prepare container by covering holes with filter
* Moisten soil and mix
* Plant 4 small plants, spacing equally around pot
* Water
* Add rocks or decorations to create a garden atmosphere.
* Discuss plant care

**Wrap-up – (time needed)**

* Thank everyone
* Pass out (and collect) evaluations
* Pass out handouts

**Cleanup**

Plant ideas:

* Rosemary (Sight, smell, touch, taste)
* Sacred Basil (Sight, smell, tough, taste, sound)
* Aloe (no spines) (Sight, touch, taste)
* Scented Geranium (Sight, smell, touch, taste)
* Lemon Balm (Sight, smell, touch, taste)
* Lavender (Sight, smell, touch, taste)