



Supportive Therapies Virtual Festival Planning Sheet

Sensory Session

Herb Garden

Create a multisensory garden/kitchen herb box. An activity that engages senses and encourages people to nurture/grow plants and utilise herbs to enjoy in cooking and drinks.

Encourage person to look, feel, (wet dry, soggy, crumby soil), smell and taste!

Resources Required:

- Garden planter x2
- Seeds
- Established Herbs (Lemon balm, mint, lavender, thyme, rosemary, basil)
- Trowel
- Soil/compost
- Water
- Watering can (small)
- Glass beads (optional)
- Windmill (optional)
- **Make a refreshing drink (optional)**
- Limes
- Cucumber
- Fresh mint
- Jug
- ½ pint of fresh cold water
- Cocktail glass /cup

Method:

Refer to video 😊