

CALMING ACTIVITIES

Senses - Touch

Your plants will feel very different in each season. In winter some of the plants will feel dry and crispy, whilst other plants are leathery and strong. In the summer they might feel soft and tickly. See if you can gently touch the plants with your fingers. Do they feel soft, hard, velvety, smooth, bumpy etc?

Senses - Smell

Some of the plants in your border will have a beautiful smell. See if you can use your nose to find them. You may want to cut off a bit of the plant to hold and smell. Take deep sniffs and concentrate on the smell. You can also gently rub some of the plants to release their aroma. Which smell is your favourite?

Go on a bug hunt

Have a good look around your border and see if you can see any insects. You will need to gently look under leaves, dig into the soil and keep an eye out for insects sheltering in the plants. Take your time and look carefully so you don't miss any creatures. See if you can gently hold any you find and make a note of which type of insects you saw on your bug hunt.

Get counting

See what you can count on your border. Can you count how many leaves there are on a specific plant? Can you count the seedheads? Can you count and then pluck out any weeds? Can you count the flowers? Can you count how many plants are in the border?

Dig in

Gently using your fingers can you dig into the soil around your plants? How does it feel? Is it wet or cold or dry or crumbly? If the soil feels dry underneath you could gently loosen the soil with your hands or a trowel and give it a water. If it feels very soggy you could gently mix up the soil with a trowel so the water doesn't sit on the roots.

Look closely

Go around your border and collect some interesting things, ie. flowers, leaves, twigs, insects, soil, etc. Use a magnifying glass to inspect each item. See if you can see any patterns as you look closer. What colours can you see? Is there something amazing hidden when you look closely?

**GARDEN
ON A ROLL**