

School Garden Workshop Series

5 Senses Garden Resources

Compiled by the Civic Garden Center

Websites:

- [Kids Companions- Gardens for Kids with Sensory Processing Issues](#)
- [Sensory Trust- Sensory Garden Fact Sheet](#)
- [Natural Learning Initiative](#)
- [The Guardian- How to Build a Sensory Garden at School](#)
- [Garden at School- Sensory Garden Ideas](#)

Activities:

- [Kids Gardening- Exploring Herbs](#)
- [Sensory Benefits of Gardening with Kids- Activity Ideas](#)
- [Crafting with Lavender](#)
- [The Herbal Academy- 7 Herbal Preparations for Kids](#)

Plant List:

There are so many plant possibilities for sensory gardens, so this is a place to start but by no means exhaustive.

- **Touch:** Lambs ear, hens & chicks, sedum, artemisia, sensitive plant, snapdragons, chenille plant, grasses
- **Smell:** Sweet annie, lemon balm, lavender, spearmint, rose, sage, rosemary, basil, oregano, lemon verbena
- **Sight:** Rainbow annuals, blue ageratum, petunias, marigolds, sunflowers, pansies, muscari, iris, daffodils, crocus, snow drops, nasturtium, swiss chard, columbine, bleeding heart
- **Sound:** Plants with rattling seed heads or pods- garlic chives or love in a mist, plants to attract buzzing pollinators or singing birds, musical chimes in trees, gourds, water feature
- **Taste:** Sorrel, fennel, chives, strawberries, ground cherries, cherry tomatoes, parsley, cilantro

Books:

- *A Kid's Herb Book for Children of All Ages* by Lesley Tierra
- *Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide: 33 Healing Herbs to Know, Grow, and Use* by Rosemary Gladstar
- *100 Plants to Feed The Bees: Provide a Healthy Habitat to Help Pollinators Thrive*, The Xerces Society
- *The Handbook of Natural Plant Dyes* by Sasha Duerr
- *Plants for Play* by Robin C. Moore