

**A Sensory Garden** is one that invites visitors to use all their senses: sight, sound, smell, touch, and taste. In settings such as an Extended Care Facility, like Edgewater Haven, raised beds that are chair height can provide easy access to everyone despite limitations. Residents enjoy picking blueberries and strawberries for a nice treat. Many residents sit in the garden with family or caregivers, which can prompt memories and conversation about gardening with a beloved parent or grandparent.

You can also create a ground level Sensory Garden geared for children that can be an introduction to colors, shapes, fragrances, and textures. Sounds from bubbling water, birds, insects and plants moving in the wind create an interesting natural soundtrack for young learners.

For everyone, it can be a soothing respite from today's hectic world.

In this garden look for these elements to stimulate your senses.

**Taste:**

Blueberries and strawberries. Yum.  
Herbs like peppermint, oregano, dill, and chives.  
Take a leaf and put on your tongue.  
Many flowers are edible like Nasturtiums,  
pansies, and lavender.



**Sound:**

Listen to the wind blowing through the tall grasses or making the wind chimes ring..  
Pollinators, like different kinds of bees, buzz around the colorful flowers, like Monarda (Bee Balm) or rudbeckia (black eyed Susans) The fountain simulates a bubbling brook.

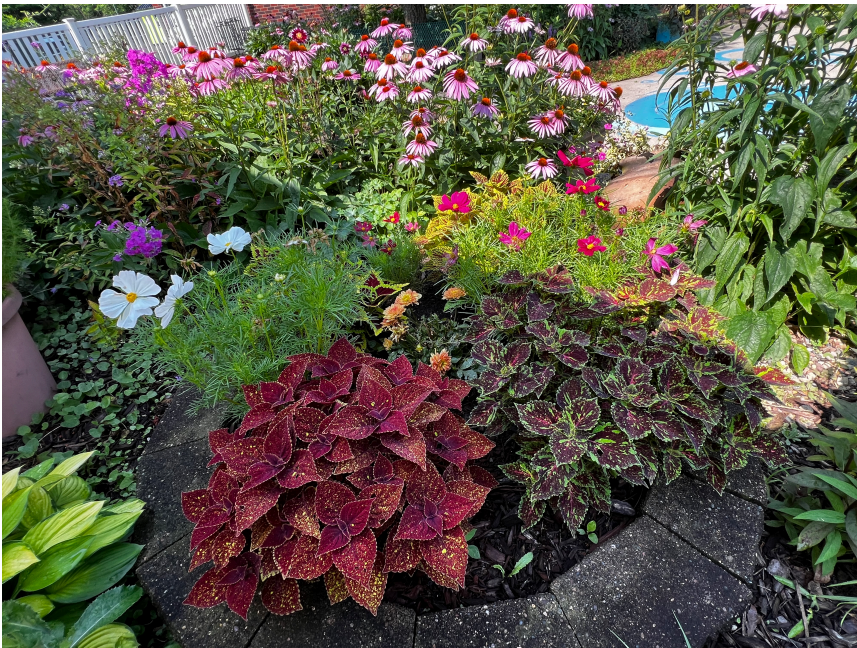
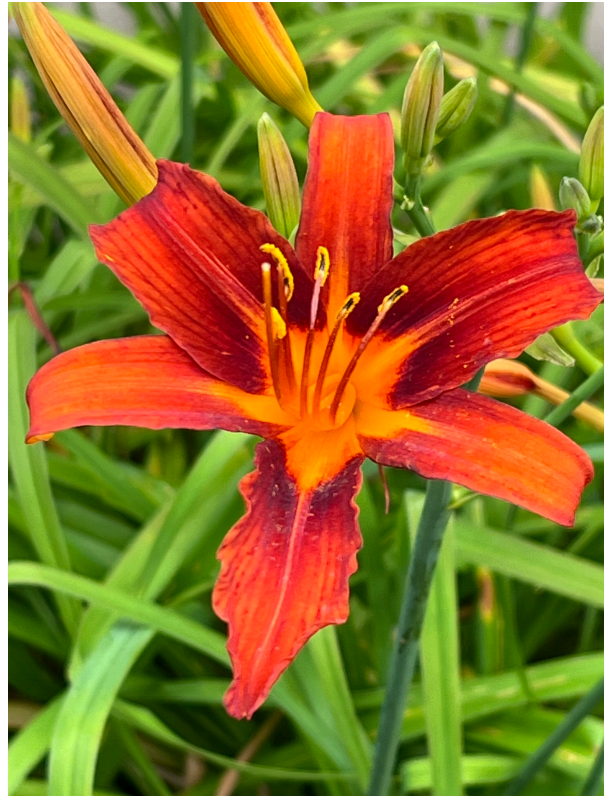


**Smell**

Herbs: Chocolate Mint & Lemon Thyme, Dill.  
Crush a leaf between your fingers and take a whiff

Flowers: Heliotrope, Peonies, Lilies

Trees: Japanese Lily

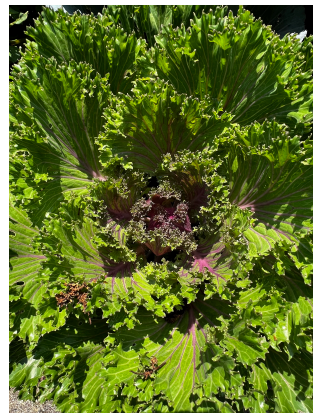
**Sight**

Perennials such as Russian Sage with large, airy, silvery leaves and lavender flowers;

Love Lies Bleeding with long, dramatic red plumes; Cheerful yellow, daisy-like Black Eyed Susans

Assorted annual flowers: blooms of every color of the rainbow; coleus with colorful multicolor leaves; bright chartreuse green leaves of trailing plants, shrubs, and hostas.

Interesting spiral shapes of ornamental kale.







### **Touch**

Lamb's Ear: soft and fuzzy leaves; cactus: pokey with sharp spikes; soft grass seed heads