



Garden Therapy Award

Garden Therapy

The use of plants and plant-related activities to enhance the health and wellness of garden club members and/or their communities

Garden therapy can be any project that:

- Uses aesthetics to nurture psychological well-being
- Provides mental stimulation and/or orientation to season
- Allows self-expression
- Motivates people to engage in physical activity
- Offers opportunity for social interaction
- Provides sensory stimulation

Garden therapy project ideas include:

- Flower arranging activity at a nursing home, or adult/youth foster home
- Creating seasonal nature-based decorations with individuals with dementia to help orient them to season
- Growing herbs or scented flowers with those with visual impairments
- Creating raised bed, accessible gardens for members with physical limitations
- Cooking class using potted herbs, allowing participants to see the herbs being grown, harvest them, and enjoy dining on them
- Creating a botanical meditation room at a local hospital for staff and patients
- Creating a garden spot at a local VA office for veterans to grow food and flowers

Information and guidelines for award submission may be found at wvgardenclub.com

For more ideas, feel free to reach out!

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