

GARDENING • FOR • ALL!



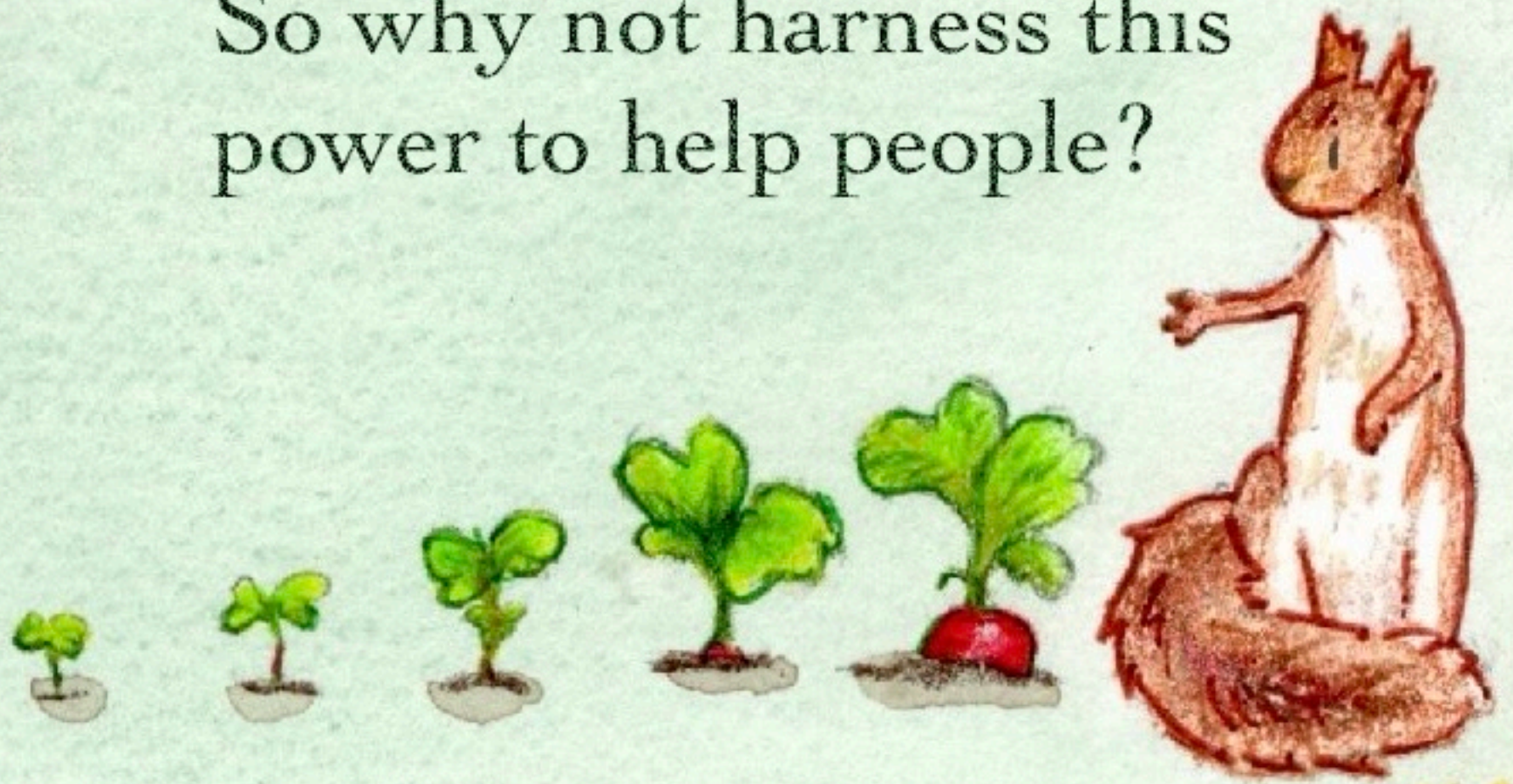
An introductory zine to
Therapeutic Horticulture
and the benefits of
gardening



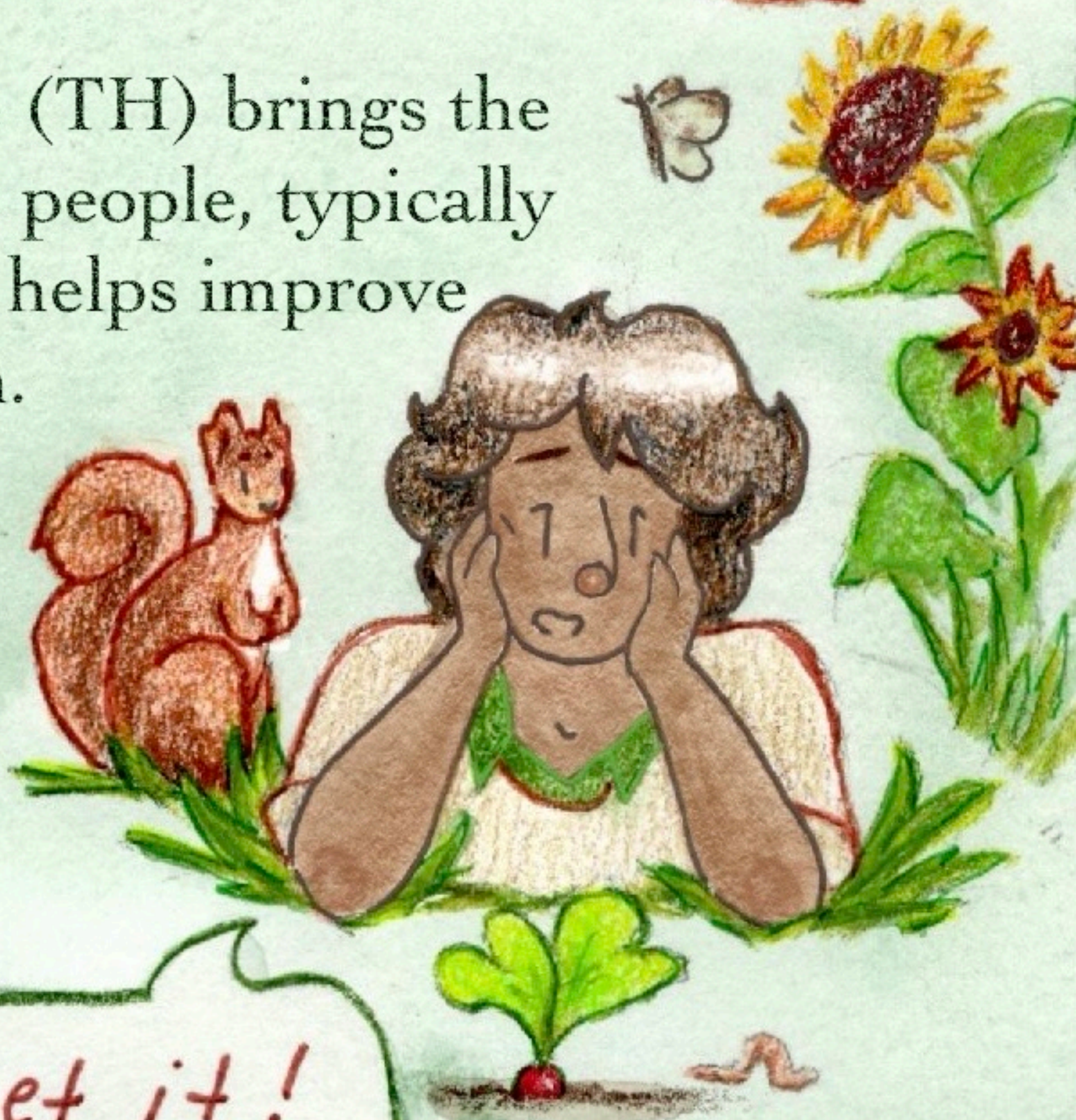
So, what is Therapeutic Horticulture?



When was the last time you've experienced the transformative power of nature? Multiple studies have shown that the scent of soil and fresh air can improve mood and help the brain produce serotonin. So why not harness this power to help people?



Therapeutic Horticulture (TH) brings the healing power of nature to people, typically through gardening, which helps improve physical and mental health. Although TH can benefit everyone, practitioners typically work with those who have limited access to nature due to visible or invisible disabilities.



Oh, I get it!

Let's talk about UNIVERSAL DESIGN.



In a universally designed garden, all types of abilities are considered to prioritize simplicity and ease of use.

Consider gardeners with physical disabilities: their needs may include things like smooth and level pathways, raised beds, and ergonomic tools.



Keep pathways clear!

Lavender:



scent

Consider intentional planting: What plants have a texture or scent helpful to visually impaired people? What groundcover can be used to make weeding less strenuous?



Lamb's-ear:
texture,
ground cover

High bush
blueberry:



attracts
songbirds

Water fixtures:
auditory
stimuli



So, what could TH
programming
look like?
Let's take a
look at some
examples.



Want more activities like
Therapeutic Horticulture Activi

ACTIVITY #1:

GATHERING GARDEN TREASURE



Before the
program...



The TH practitioner (you!)
should walk through the garden to
ensure safety & accessibility,



STEP 1: Participants gather in a universally
designed garden.

STEP 2: Participants explore the garden
and collect small natural objects
that pique their interest. Remember to set ground
rules before the activity:



Collect without disturbing the
environment! Do no harm!



STEP 3: The group gathers back
together to share what they've
found. Remember to engage the
group by asking questions:

What interests you about this
item? Who has a similar item?



Consider a followup activity using
found items!



CRAFTS



SORTING BY COLOR OR SIZE



this? Visit the
ty Database (THAD) online!



ACTIVITY #2:

RADISH SEED GERMINATION

This one's an indoor activity!

MATERIALS:

- small plastic bag (write your name!)
- cotton ball
- dish of water
- packets of radish seeds



STEP 1: Pass out seed packets. Allow this opportunity for participants' curiosity!



They're so tiny! I should be gentle...

STEP 2:

Dip cotton ball in water and then place in plastic bag. Add radish seeds to cotton ball. Assist participants as needed.

STEP 3: String bags in a sunny window for 10 days and watch the seeds grow!



After the seeds have sprouted, participants can plant them in the accessible garden space and care for them as they grow.



why it works...

Gardening combines physical and social activity with exposure to sunlight and fresh air.

Vitamin D from sunlight has been shown to lower blood pressure.

physical activities like weeding can help restore dexterity.



The example activities are designed to support participants' therapeutic goals. All TH activities are motivated by the participants' needs.



Cognitive:
following instructions and sequential steps, practice counting, learning about the natural world

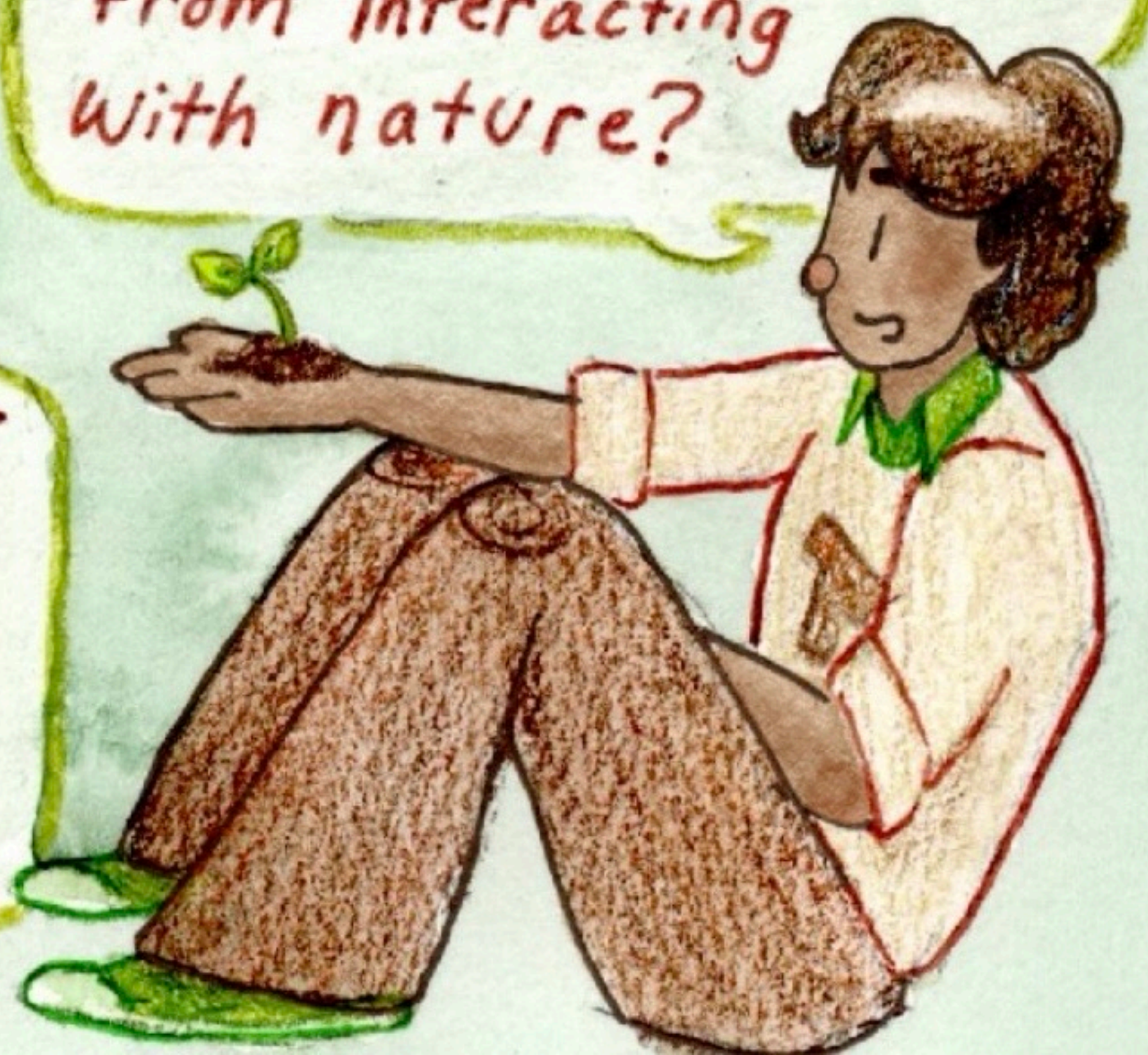
Emotional:
exploring independence and self-determination, encouraging self-esteem and personal pride

Social:
following rules, showing attentiveness and respect for others, implementing cooperative skills

Physical:
supporting fine motor skills, increasing movement

Sensory:
exploring and gain comfortability with sensory inputs (texture, smell, sound)

Wow! All this just from interacting with nature?



Combined with your skills as a TH practitioner! It's amazing, isn't it?





by David Raphaël Le Clair , '26
@davie stardust

Thank you to URI Cooperative Extension, the
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cited for this zine, scan here:

