

# Sensory Garden



Images by: Denise Madden and Liz Rogers

A sensory garden is a great way to develop awareness and awaken the senses. It should be designed so that pupils can have easy access to investigate individual plants. If you have restricted space, it could double up as a wildlife/butterfly garden, if it's in a suitable location and you are using native insect-attracting plants.

Try to use plants that can be experienced using different senses:

### Sight

Colourful, bold and bright flowers/fruit. Try and plant enough different types so that there will be colour all year round. Flowers such as sunflower, bluebell, snowdrop, iris, campion, oxeye daisy, forget-me-not, primrose and dog rose. Fruits such as rowan berry, hawthorn and red currant. Barks such as dogwood and birch.

### Listening

Sound-producing plants such as long grasses that rustle in the wind and poppy seedheads that rattle when shaken. Pupils could make wind chimes or bells to hang in trees.

### Touch

Different textures of plants. Yorkshire fog grass is downy and soft, holly leaves are smooth and prickly, moss is soft and spongy, birch bark is papery, oak bark is ridged and hard, etc.

### Smell

Different fragrances. Many colourful flowers have a sweet smell, but you could plant a herb garden including lavender, mint, rosemary, lemon balm, basil and chives.

### Taste

Different flavours of plants. You could have a small vegetable patch or fruit trees, even a patch of brambles or wild strawberries. Herbs can, of course, be tasted. At the right time of year, pupils can harvest, wash and eat the plants they have grown.

### Table of Sensory Plants

#### PLANTS WHICH ARE GOOD FOR:

	SIGHT	SOUND	TOUCH	SMELL	TASTE
Sunflowers <i>Helianthus annuus</i>	Yellow				
Pot marigold <i>Calendula</i>	Orange				
Chameleom plant <i>Houtluynia cordata</i>	3 toned leaves			Lemon	
Swiss chard 'Bright Lights'	Leaves and sten				●
Heuchera 'Chocolate Ruffles'	Purple				
Bamboo <i>Phyllostachys</i>		●			
Great quaking grass <i>Briza maxima</i>		●			
Sweetcorn		●			●
Lamb's ears <i>Stachys byzantina</i>			●		
Sliver sage <i>Salvia argentea</i>			●		
Curry plant <i>Helichrysum italicum</i>					
Lavender <i>Lavandula angustifolia</i>	Purple			Curry	
Chocolate cosmos <i>Cosmos atrosanguineus</i>				●	
Spearmint <i>Mentha spicata</i>				Chocolate	
Chives <i>Allum schoenoprasum</i>	Pink/purple			Mint	
Wild strawberry <i>Fragaria vesca</i>					●

### Facts

- The curriculum places a strong emphasis on supporting pupils to develop their imagination, creativity and ability to express themselves. By establishing a sensory garden you will be providing your pupils with a space to develop their skills in these areas!

### Contacts

- The BBC's website has some good ideas relating to sensory gardens: [www.bbc.co.uk/gardening](http://www.bbc.co.uk/gardening)
- The Sensory Trust works to create inclusive environments and can offer advice of inclusive designs: [www.sensorytrust.org.uk](http://www.sensorytrust.org.uk)



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