



ADAPTED GARDENING ACTIVITIES



GARDENING FOR
COGNITION

ADAPTED LANGUAGE
VERSION

GARDENING FOR COGNITION

Here are some ways that **gardening** can help with **thinking** and **processing**.



Activities

1 Sensory Stimulation

Being in the **garden** is **calming** and **restful**. There are many **colours**, **scents**, **textures**, **movements**, and **sounds**.



2 Plant identification



Use different **senses** to help **identify** plants.

If you don't recognise what you **see**, can you recognise the **smell**.

This can **help** with **recalling** the information.



3 Being in nature

Scavenger Hunts – Get **outdoors** and search for **objects** in nature.

This can help **memory** and **concentration**.



or just **enjoy** being in the **nature**.



4 Being creative

Use **natural objects** for **crafts**.

For example:

- **Bug hotels**
- or **wreaths**



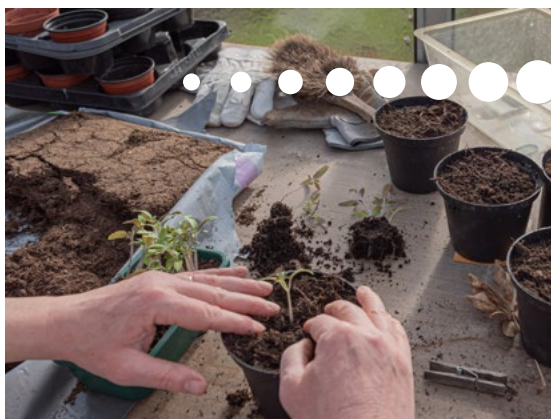
Adapted
Gardening
activities
HighGround



5 Gardening for all levels

Activities can be for **all levels**.

Learn **new skills** one step at a time.



Strategies

1 Pace activities

Take **short breaks** and take a **steady pace**.



2 Write things down

This will help with **memory**.

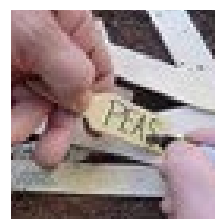
Use **diaries, notebooks, wall charts, calendars** or **garden planners**, to help plan and prompt you.



3 Label plants

Label plants with the **name, variety** and **date**.

This will be a useful **prompt**.



4 Use electronic devices

These can give **auditory** or visual **reminders**.



5 Organise your environment

Consider the **equipment** you need.

Get it out **before** starting.

Clear up **afterwards**.

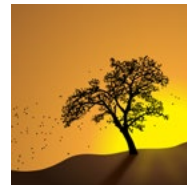


6 Give yourself time

There is **no** need to **rush**.

Take **pleasure** in **gardening**.

Letting things **progress** and grow **naturally**.



Links and resources



10 of the Best Free Garden Planners.
Garden and Happy



Grow your own app.
RHS Gardening



GARDENING FOR COGNITION

Links and resources [continued]



Gardening Tools for disabled people.
- [equipment tool finder](#) and advice
Thrive



Get growing – how to get started
with gardening.
RHS Gardening.



Gardening for Beginners.
BBC Gardeners' World Magazine



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