

# 3 Grow a sensory garden

Celebrate National Children's Gardening Week (24 May–1 June) by planting some delights for the senses.



## What you need

- A patch of garden or a window box
- Gardening tools (optional – you can plant with your hands)
- Composting soil
- Plant seeds
- Water

## How does it work?

A sensory garden is all about plants that stimulate your five basic senses – sight, smell, sound, touch and taste. It allows you to connect to nature and become more aware of your response to your surroundings. You don't need a garden to enjoy gardening. You can grow most of these plants indoors, or create a window box. You could even ask your school to join in by making a small patch of garden available. For more information about National Children's Gardening Week, visit [childrensgardeningweek.co.uk](http://childrensgardeningweek.co.uk)



**Sight** There are loads of colourful plants to wow your peepers. Sunflowers grow well at this time of year. Find a sunny spot, sow your seeds directly into the soil and water regularly.



**Taste** Herbs and other plants you can forage are wonderful to cook with. In May, spearmint and wild strawberries are great for planting. Put spearmint into a large plant pot and place somewhere sunny.



**Smell** There's no shortage of fragrant flowers that are a treat for your senses. Insects love them, too – especially lavender. It loves the sun and needs watering regularly until it is growing nicely.



**Sound** Greater quaking grass flowers make a lovely sound as they bob up and down in the breeze. Plant the seeds somewhere that gets plenty of sunshine, but be patient – they may take a while to start growing.



**Touch** Some plants have thorns and spikes, others have waxy leaves, while some are lovely and soft. Lamb's ear leaves feel like velvet to touch. Plant them in moist but well-drained soil in full sun or partial shade.