

MENTAL HEALTH AND URBAN AGRICULTURE



Module 8 Student Handouts

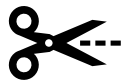
Instructions: It is easiest to print this document **double-sided**. Print 1 copy for every 2 students in your class.



ACTIVITY #3: HEALING GARDEN ASPECTS LIST

<p>Digging Bed</p> <p>An empty digging bed to dig can get your body moving and decrease stress.</p>	<p>Sensory Plants</p> <p>Plants that stimulate the five senses of touch, taste, smell, and hearing help to connect with nature.</p>	<p>Colorful Plants</p> <p>Colors make people feel happiness, excitement, and joy.</p>
<p>Plants to Attract Wildlife</p> <p>Bees and butterflies are exciting to see in the garden interacting with plants.</p>	<p>Gifts from the Garden</p> <p>It's fun and rewarding to be able to give someone a present that you made yourself.</p>	<p>Water Features</p> <p>Water is beautiful to look at and fountains promote a sense of calm.</p>
<p>Plants with Healing Properties</p> <p>Plants such as chamomile or lavender are great ways to relieve stress.</p>	<p>Seating Area</p> <p>Social interaction is important for mental health and a seating area can help people to connect with each other</p>	<p>Welcoming Environment</p> <p>It's important that everyone in the healing garden is accepted and treated equally.</p>





ACTIVITY #4: MATCHING CARDS: DESCRIPTION

Staying active is a great way to improve mental health. This section of the garden is left unplanted to allow physical exercise in the form of digging!

Many plants have properties like sweetness or color to make them appealing to other species. These species are exciting for people to see!

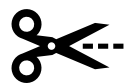
Lamb's ear's fuzzy surface is fun to touch while basil and mint are fun to smell! Stevia can also be tasted! What are these plants examples of?

This part of the healing garden can help people to feel relaxed and calm because of the soothing noises it creates.

Lavender can be used to relieve sadness while chamomile has properties that relieve stress.

Beautiful colors can cause happiness and improve mental health.





ACTIVITY #4: MATCHING CARDS: PICTURES

Digging Bed



Bees and Butterflies



Sensory Plants



Water Features



Plants with Healing Properties



Colorful Plants

