



Healing thru Gardening

Hands-on Crafts for Therapeutic
Gardening



Benefits of Crafts



- ❧ Structured craft sessions improve fine-motor skills and improve mental health
- ❧ Crafts expand recreational options and enhance social, physical, and psychological well-being
- ❧ Horticultural crafts improve self-esteem and enhance the quality of life for those with special needs

Examples of Horticultural Crafts



- ❧ Tussie-Mussies
- ❧ Fruit/Vegetable Prints
- ❧ Lavender Bags
- ❧ Book Marks
- ❧ Butterfly Mobiles
- ❧ Paper Flowers
- ❧ Turkey Pinecones
- ❧ Greeting Cards

ITEMS NEEDED



- ❧ CARD STOCK
- ❧ PAPER
- ❧ PAPER CUTTER
- ❧ RULER
- ❧ PUNCH
- ❧ DOUBLE-SIDED TAPE
- ❧ STAMP/INK
- ❧ ENVELOPE
- ❧ BAGGIE

Planning & Preparation



- ☞ No matter which craft you choose to do, planning and preparation is key to a successful activity. Anything that can be done in advance should be. The KISS principle applies.

STEP 1 - ARRANGE ITEMS



- ❧ OPEN BAGGIES
- ❧ LAY OUT ITEMS
- ❧ INSTRUCT PARTICIPANTS NOT TO DO ANY STEPS UNTIL INSTRUCTED TO DO SO



STEP 2 - REMOVING TAPE PROTECTIVE COVERS

- ❧ TURN THE TRIANGLE, RECTANGLE AND EMBELLISHMENT OVER
- ❧ REMOVE STRIPS FROM THE TAPE ON RECTANGLE AND APPLY TO CARD STOCK
- ❧ REMOVE STRIPS FROM THE TRIANGLE AND APPLY TO RIGHT CORNER OF THE RECTANGLE
- ❧ REMOVE COVER FROM THE TAPE ON THE EMBELLISHMENT AND APPLY

FINISHED CARD



ENDLESS OPTIONS



- ❧ THIS CARD IS 5.5 X 4.25, BUT YOU CAN USE ANY SIZE
- ❧ PAPERS AND EMBELLISHMENTS CHANGE THE “MOOD” OF THE CARD
- ❧ USE YOUR IMAGINATION

THANKS



☞ THANK YOU FOR
ATTENDING THE
THERAPEUTIC
GARDENING
SYMPOSIUM