

INDOOR GARDEN SENSE

The Garden Club of Johnstown (www.gcjpa.org)

Sensory gardens include not only plants, but other elements of nature that can stimulate all our senses. Bringing plants and other naturally occurring components indoors continues the connection that we have with nature; no matter the season. By taking a closer look to notice the details and characteristics of plants and other examples of nature, we can enhance our overall physical, mental, and spiritual well-being.

WAYS TO BRING NATURE INDOORS TO ENHANCE SENSORY AWARENESS

INCORPORATE HOUSEPLANTS INTO YOUR SPACE

- Reduce stress levels
- Sharpen your attention
- Caring for plants can lead to feelings of calm and comfort
- Increase productivity
- Improve air quality (Boston Fern, Rubber Tree, Ficus, Spider Plant)

GROW AN INDOOR HERB GARDEN

NATURAL LIGHT – Open the curtains, blinds and windows to allow sunlight in

BRING NATURAL ELEMENTS IN – Flowers, branches, rocks, leaves, pine cones, acorns, driftwood

SOUNDS OF NATURE – Open the windows and listen to the birds and the autumn leaves rustling or set up an indoor water fountain to hear the falling water.

SCENTS OF NATURE – Open the windows to let the smells of nature in. Use diffusers, scented candles and potpourri. Aromatherapy oils have a variety of nature-based scents.

FURNITURE AND DÉCOR – Use natural materials like stone or wood in your home furnishings. Rattan and wood furniture add texture and a natural tone. Incorporate colors of nature; blues and greens have calming effects.

ARTWORK – Photographs and paintings of nature encourage feelings of connecting with nature.

HEAR & WATCH THE BIRDS – Look outside your window to watch and listen to the birds in your backyard. Bird sounds can help reduce stress.

WILDLIFE WEBCAMS – Webcams can give you close-up look at nature and its surroundings. Check out the American Eagle Foundation and the National Park Service websites.

If you truly love nature, you will find beauty everywhere. ~Laura Ingalls Wilder