



## **HORTICULTURAL THERAPY WITH CHRISTINE POLLARD**

Description:

HORTICULTURAL THERAPY ACTIVITIES

Project: Green Tomato

Purpose: To store garden produce, invest for the future

Therapeutic Value

Cognitive: language development, attention, concentration, egocentric nature, mastery, competence, gaining new information, orientation to time and space, organization, decision making, setting goals, communication skills, planning, implementation, alternate focus, memory, following directions, reasoning, problem solving

Physical: gross and fine motor skills, accessibility of garden, increase physical abilities, maintain physical abilities, strength, balance, flexibility, range of motion, sensory stimulation, dexterity, constructive, nutrition, coordination, feeling and sensation, speech, nutrition

Emotional: impulse control, affect management, self esteem, exploration, achievement, confidence building, cooperation, pride, ownership, personal responsibility, self care, independence, instill interest in future, sense of hope

Social: peer interactions, gaining new information, orientation to time, routines, environmental stewardship, giving back, prevent isolation, safety, re-involvement, explore new interest, reminisce, link with reality,

Project: Let the Heart Grow!

Purpose: To express our love for family and friends

Therapeutic Value:

Cognitive: following directions, sequence of events, recognizing attachments, reading and writing, remembrance

Physical: fine motor skills (scissors, pen), smell and texture of green grass

Emotional: thinking of who to give it to, feelings of love and friendship, anticipation

Social: giving, conversation

Project: Bath Bags

Purpose: To give a gift, to enjoy products of garden

Therapeutic Value

Cognitive: structure of bath bag, measuring bag content amounts

Physical: stimulate sense of smell, feel the texture of the leaves, fine motor skills used for hand sewing

Emotional: using hand sewing skills used long ago

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