

Sensory Explorations



Sight

Look at the garden. What colors, movement, wildlife, or points of interest do you see? What sensations or feelings do these elements bring up for you?



Smell

Notice the scents of the garden—the flowers, soil, seeds, cones, and berries. Do any of them connect you to a memory, a place, or a feeling?



Taste

Are there any plants, scents, or memories in the garden that make you think of a flavor or food you've tasted before?



Touch

Touch or observe textures in the garden. Do they feel soft, smooth, rough, cool, firm? Do any of these textures feel more enjoyable, grounding or less grounding?



Hear

Notice the soundscape of the garden birds, wind, footsteps, insects, or silence. What do you notice, and how do these sounds affect your sense of presence?