



# Windowsill Whimsy, Gardening & Horticultural Therapy Projects for Small Spaces

*Hank Bruce, Tomi Jill Folk*

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This is an idea source for horticultural therapy programs, schools, senior care facilities and individuals of all ages and abilities. These projects and plant related activities range from easy to difficult, and each has a touch of whimsy. The authors explain that whimsy is the counterpoint to the serious work of being human. These projects were designed by professional horticultural therapists to be fun while serving as great physical, mental and social exercises for everyone. Contains four kinds of activities Plant projects with creative activities and care notes accompanying each one. Craft activities range from creating a "Peace Card" to "Turning Your Problems into Compost." Quizzes on everything from garlic to coconuts. These are great conversation starters. Short stories that can be read aloud to a group or individually while waiting for the plants to grow. These are great springboards for discussion. There is also a comprehensive list of both safe and dangerous plants. Teachers, home schoolers, activity professionals, counselors, horticultural therapists, family caregivers and individuals of all ages will find these pages of value. The focus is on empowerment and creativity.

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