What is a Sensory Garden?

A sensory garden is all about stimulating and engaging the five basic senses of sight, smell, sound, touch and taste.

**Benefits of a sensory garden for kids**

From physical activity to mental health, sensory gardens have a long list of benefits for everyone, but they can be especially helpful for children. The National Academy for Child Development reports that sensory stimulation is key to strengthening functional activity (like reading, walking, and talking).

Other benefits include:

* Curiosity about nature
* Development of fine motor skills
* Exposure to the outdoors

Plants included in the Children’s Museum Sensory Garden:

*(taste has not been included due to the possibility that children may think it is okay to taste any plant and some plants may be toxic).*

|  |  |  |  |
| --- | --- | --- | --- |
| Sight: |  | Sound: |  |
|  | Snap Dragon |  | Chinese Lantern |
|  | Showy Milkweed |  | Money plant (Lunaria) |
|  | Rose |  | Ornamental grass |
|  | Variegated Sage |  |  |
|  | Lantana | Touch: |  |
|  | Bunny Tails |  | Lamb’s Ears |
|  |  |  | Hens and Chicks |
| Smell: |  |  | Platts Black |
|  | Lavender |  | Moss |
|  | Rose |  | Fennel |
|  | Rosemary |  | Celosia |
|  | Lemon Geranium |  |  |
|  | Chocolate Flower |  |  |
|  | Lemon Balm |  |  |
|  | Apple Mint |  |  |
|  | Oregano |  |  |
|  | Thyme |  |  |
|  | Pineapple Sage |  |  |

Can you find the Lavender, Lemon Geranium, Pineapple Sage, Chocolate Flower; you may have to use your sense of smell and touch? Hint, the chocolate flower isn’t brown. Do you see the Lamb’s Ears, Snap Dragon and Bunny Tail plants; why do you think they got their name?