

# THE Sensory GARDEN

Create an indulging sensory experience for your kids in your own backyard.

HERE'S HOW TO:

Taste



Group edibles together for home-grown goodness.



*Basil*  
(*Ocimum basilicum*) is a taste explosion!

Sight



Grab attention through striking visual stimuli, colours and textures.



*Sunflowers*  
(*Helianthus annuus*) are big and bold.

Touch



Play with texture and reward their curiosity to touch.



*Lamb's Ear*  
(*Stachys byzantina*) is a fab choice for softness.

Sound



Incorporating both natural and man-made sounds.



*Water Feature*  
Water features, bee hotels, and noisy seed pods.

Smell



Engage smell with an aromatic variety of plants.



*Star Jasmine*  
(*Trachelospermum jasminoides*) has a lovely sweet scent.

INDEPENDENT PLAY & EXPLORATION IS WHAT

*Mother Nature's*  
CLASSROOM IS ALL ABOUT!



Visit [www.lifeisagarden.co.za](http://www.lifeisagarden.co.za) or scan this QR code, for more tips and advice on growing healthy, thriving plants in your home.

