

# LIFE ENRICHMENT ACTIVITIES

## Therapeutic Programs at the Chicago Botanic Garden

### **Buehler Enabling Garden: Where People of All Abilities Find Inspiration in Nature**

Whatever their needs, visitors to the Buehler Enabling Garden will be comfortable amid this inspiring, beautiful setting for life enrichment activities and programs at the Chicago Botanic Garden. Led by horticultural therapists, activities inside the award-winning Buehler Enabling Garden include plant propagation, herb harvesting, fresh or dried flower arranging and much more. Therapists draw from the Buehler Enabling Garden's stunning colors, textures, sights, sounds and smells as they assist visitors of all abilities. Accommodations in this safe, comfortable, barrier-free venue include bathrooms and nearby drinking fountains.





## Scents and Senses Activities

The Garden's horticultural therapy staff has designed a variety of fun, enjoyable activities that encourage socialization and support therapeutic objectives. Each activity operates as a single-session, 45- to 60-minute program. Scents and Senses activities include the following:

- **Plant propagation** – Visitors learn to make a stem cutting using zip-lock bags as rooting chambers. Hands-on work with plant and soil materials develops fine motor skills and eye-hand coordination.
- **Herb harvesting** – Participants enhance social interaction and sensory stimulation through tasting, touching and smelling herbs they've harvested themselves.
- **Fresh or dried flower arranging** – Participants create a seasonal flower arrangement, providing an opportunity for creative expression, while promoting hand-eye coordination and fine motor skills.
- **Birdseed making** – This activity fosters awareness of the natural world, developing fine motor skills and stimulating senses as participants remove seeds from the seed heads of a variety of plants to make birdseed mix.
- **Sensory tour** – This guided, walking, nature tour promotes gross motor skills and stimulates the senses.

## Group Visits

A variety of options are available for groups from healthcare facilities and human services agencies. Programs take place outdoors, mid-May through mid-October with certain activities weather- and season-dependent. There is a maximum capacity of 15 participants, plus any staff required by the group. Pre-registration is required. There is a \$120 charge per group, per activity, which includes all materials.

For more information, call (847) 835-8250 or visit [www.chicagobotanic.org/therapy](http://www.chicagobotanic.org/therapy).

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