**Program Plan: Nature Tree Collage**

Date:

Objective:

1. The participant will engage in discussion and brainstorming regarding the personal benefits of nature.

Goals:

1. The participant will provide one emotion, after prompting by the HTI, that can be experienced in nature.
2. The participant will provide one positive vocalization, in the form of an observation or an associated memory, when prompted by the HTI.

Program Length: 35 minutes

Staff: Horticulture Therapy Intern/ Horticulture Therapist

Process:

* HTI to review list provided by Memory Care staff and speak to Nursing & Recreation staff about status of each participant as of that day. Also inquire re: allergies.
* HTI to set up space for therapy, including table, chairs, large poster paper, green photos with leaf outlines, magazine pages with ++ greenery, scissors, glue, markers; and removing external distractions such as noise or clutter
* HTI porters participants to program area
* When all participants are gathered, HTI introduces self and HT
* HTI asks each participant to introduce themselves
* HTI to begin reminiscing discussion regarding the benefits of nature, asking questions like:
  + What kind of activities did you enjoy doing in nature?
  + What kind of feelings do you feel when you see:
    - A sunset?
    - A fresh snowfall?
    - A thunderstorm?
    - A still lake?
    - An evening in a flower garden?
    - A morning on the farm?
    - Massive Douglas Fir trees all around you?
    - The Rocky Mountains?
    - The ocean expanding in front of you?
  + What health benefits do you think one can find from nature?
  + What do you think forest bathing is?
  + Where do you feel peace in nature?
  + Where do you feel excitement in nature?
* HTI to explain collage project- handing out green magazine pages and green paper pages with outlines to be cut out (for higher functioning residents- allow them to find green pages in magazine)
  + Purpose will be to create a collective tree of the parts of nature we appreciate.
* HTI to provide encouragement and guidance as group cuts out leaf shapes of various shapes and sizes
* HTI to ask one participant to help create tree trunk on poster- providing ownership to Resident
* HTI to ask prompting question: **What do you enjoy about nature?** Or previous questions
* HTI to record answers on leaves in bold writing
* Participants glue the leaves, and blank leaves, all over the tree
* HTI to hold up complete piece, providing ++ affirmation; HTI reviews the answers shared with the group
* HTI to thank the participants for their time and contributions
* HTI to ask evaluation question: **Did you enjoy this Horticulture Therapy program today? What did you enjoy?**
* HTI to help porter Residents back to room or common spaces, displaying mural on easle for the day only
* HTI to record participant attendance and evaluation
* HTI cleans up, recycling excess paper, and leaving space as it was

Materials Needed: large poster paper, green construction paper, nature magazines, scissors, glue sticks, large sharpie marker, brown markers

Special Notes: Some papers will need leaf shape pre-drawn, some individuals can cut that shape independently- encourage the most success possible; ask for permission to hang the completed piece for the day, but remove by end of day

EVALUATION:

* Pre-cut leaves were necessary to supplement participant’s contributions
* Question may need to be asked twice, or reworded, for participant answers
* Participants suggested adding fruit or seasonal decorations next time
* Could do program seasonally, changing tree for each season.