



How to Make a Garden Reminiscence Box

Step 1 – Choose decorative papers i.e. gardening magazines, tissue paper, and make a collage on the outside of the shoe box using cut out pieces of paper. Alternatively, wrap the box in paper or fabric.

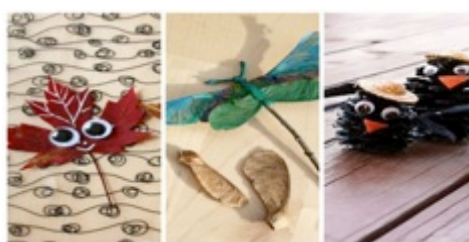


Step 2 - Allow to dry.

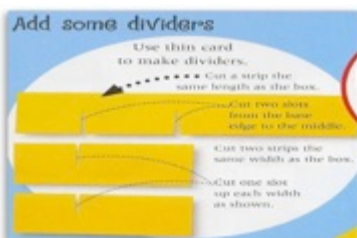
Step 3 - Paint the inside of the box and lid with craft paint or line the box with coloured paper or fabric (secure with glue).



Step 4 - Once the box and lid are dry, you can decorate the box.



Step 5 - Stick an envelope to the inside of the lid for storing photographs or add some dividers.





Step 6 – Make and decorate origami seed packets to store smaller keepsakes (refer to separate instruction sheet for how to make these).



Step 7 – Sit with residents and talk through the contents of the box and reminisce about gardening. Keep adding to the box in future sessions.

NOTES: This activity can be spread out over several sessions.

Prior to the session, start collecting leaves, dried flowers, conkers, pine cones, herbs, photographs/keepsakes of the residents engaging in gardening activities. Record pictorial memories and quotes to celebrate the resident's achievements i.e. harvesting of crops, flowers blooming, areas that have been weeded by residents etc. Collect pictures of vintage tools, equipment to reminisce about.

YOU WILL NEED:

Materials:

- € Shoe box
- € Gardening magazines
- € Tissue paper
- € Paint
- € Fabric
- € Cardboard
- € Ribbon
- € Paper for origami seed packets
- € Envelopes

Tools:

- € Scissors
- € Paper clips for securing seed packets
- € Colouring pens
- € Glue
- € Cellotape

For more year-round activity ideas, please see the Growing Support Activity Calendar.