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## **Therapeutic Horticulture Activity Dried Flower Ornaments**

Source: Multiple Online Sources

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Overview: Decorating ornaments with dried flowers and greenery which can be used to decorate during holidays or to celebrate the spring or summer seasons.

Populations: children, adolescents, adults

Precautions:

1. Glass ornaments
2. Fine motor dexterity required

Completion Time: 30-45 minutes

Materials: (10 participants)

1. Clear glass or plastic ornaments (10+)
2. Assortment of dried flowers and greenery that are small enough to fit into the neck of ornament. (amount varies based on desired level of fill in ornaments)
3. Ribbon (optional)
4. Garden twine (optional)
5. Washi tape (optional)
6. Glue gun (optional)

### Pre-Session Prep:

1. Dry plant material (can be done during previous group)
2. Break up pieces of plant material into pieces that will fit into the neck of the ornament; this can be done during the group if it is suspected the participants would enjoy or benefit from doing so.
3. Create an example of a finished ornament.
4. Remove tops of ornament if fine motor difficulties are expected which could cause possible breakage of ornament.
5. Set dried plant materials in reach of the participants.

### Step-By-Step

#### Process/Instructions:

1. Show example of finished product.
2. Assist participants in removing the top of the ornament if appropriate.
3. Assist participants in putting chosen material into the neck of the ornament.
4. Assist participants in putting the top back on ornament.
5. Assist participants in applying any embellishments to the metal ring of top if that is going to be done.

#### Tips:

1. Decorate around the metal top with ribbon, washi tape, or garden twine.
2. Plant material can fill ornaments or just be a small amount in the bottom.
3. Hang ornaments on a ribbon or garden twine to create a swag.

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