

# Creative Workshops at The Gro Garden

## JANUARY 23

- 24/01  
Walking Activity Trail Session
- 31/01  
Walking Activity

### Activity

Walking from the Gro Garden to Elder Park where small activities such as tree identification can take place. Each lasting around 2hrs.



## FEBRUARY 23

- 07/02  
Seed bombs / Apple feeders
- 14/02  
Gods' eyes
- 21/01  
Origami
- 28/02  
Observational Drawings / creative writing inspired by the Gro Garden

### Activity

Among these activities the goal is mindfulness taking inspiration from nature and harnessing creativity.

## MARCH 23

- 07/03  
Leaf and tree rubbing
- 14/03  
Garden Maintenance such as weeding
- 21/03  
Mini Zen Garden Workshop inspired by Gro Garden
- 28/03  
Hapa Zome Activity

### Activity

These activities give participant the opportunity to learn about different species of plants and take a break from stressful moments.

## CONTACT

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\*activities dependant on weather