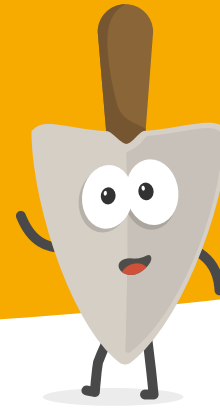


# Sensory path

Build a path for the senses



## Here's what you'll need!

### Shopping list for your local garden centre:

Horticultural sharp sand  
Bricks, plywood or recycled wood for edging your path  
Tarpaulin or similar membrane

### Sensory fillers for your path, such as:

- Sand
- Gravel
- Creeping thyme
- Straw
- Bark
- Turf
- Pebbles
- Water (you'll need a rubber liner for this!)

## Instructions:

1. Decide where you want your path to go, and mark the edges of the path out using your horticultural sand
2. Dig out your path to be about 6 centimetres deep. If you want, you can line your path with the tarpaulin or membrane, but if you do make sure you cut drainage holes into it
3. Mark the edging of your path using your bricks or wood
4. Divide the length of your path up into sections using your bricks, plywood or recycled wood
5. Next, fill each section of your path with something different. Try filling a section with compost and planting creeping thyme plants in it; this will smell lovely when it's walked on. Fill other sections with your gravel, bark, water, turf, or other materials
6. You've now got your sensory path! When children walk it in bare feet they get a great feel for the different materials and the world around them. It's surprisingly relaxing for grown ups too!



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