

# Healthy places

**What is a healthy place? Is it a place that keeps our body healthy with space to move and exercise? Is it a place that keeps our minds healthy with space to sit, listen and be calm? Or maybe it is a place with healthy plants, healthy air and healthy animals?**

In a perfect world our green spaces would be healthy in all these ways! In this discovery pack we're going to be exploring what makes your favourite green spaces healthy, and how you would design your dream healthy place, and how you would play and use it.



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**Keep an eye out for the camera icon in your pack. If you spot it, take a snap of your creations and share with us!**



**Why are the  
page numbers in the  
wrong order?**

Good observation! In order to print out your scrapbook, print pages 2-5 of this pdf on double sided A4 paper. Once printed, fold in half and slot together to make a booklet. I should be your back cover!

**This sensory  
scrapbook  
belongs to:**

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# What makes a healthy place?

Exploring, playing in, sitting in and experiencing our green spaces is super important for keeping our bodies and minds healthy.

A lot of how we use green space is connected to our senses. Use this scrapbook to explore your local park, garden or square through different senses and finish with a collage of how you would transform your local space, and what you would do there. Don't forget to share your designs!

We will be exploring using these senses:



Touch



Sight



Sounds



Smell



1

# My dream healthy place

6

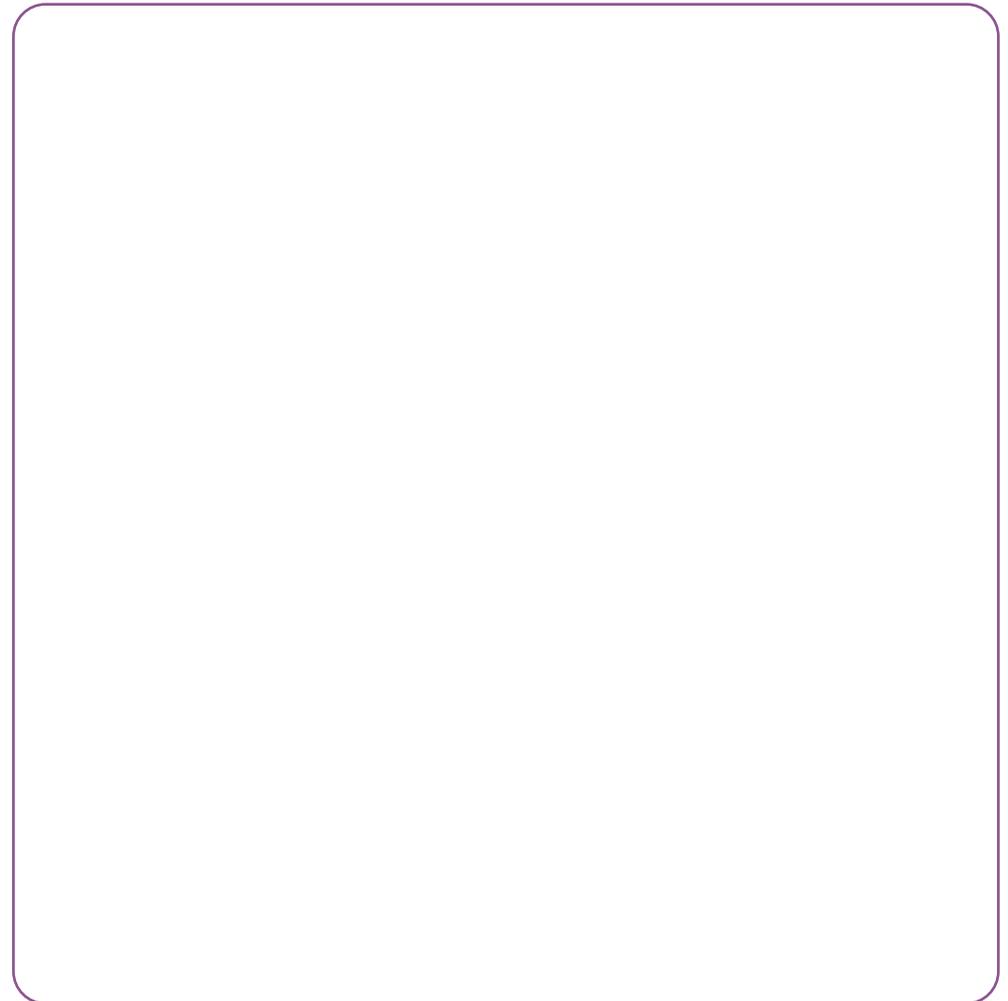
Using all the materials and textures you've collected, collage a picture of how you would transform your local park or green space into a dream healthy place in the frame below.



What would you **do** there? Where would you **play**?



Think about all the senses we've explored and how things would **smell, look, sound and feel**.



# What can you hear?



5

# What can you see?

2

Can you find something that sounds crackly?  
Stick it here!

Can you find something that sounds fun? Stick or draw it here!

This makes a crackle sound

What sounds would you have in your dream healthy place?

Take a minute to stop and listen - what noises can you hear? What do you think is making those noises? Draw them here!

Red

Orange

Yellow

Green

Blue

Indigo

Purple

Can you find all the colours of the rainbow in nature? Search your garden, park or square and stick them in the circles!

Which colours make you feel good?

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# What can you touch?

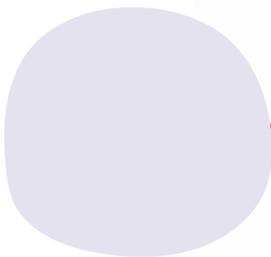
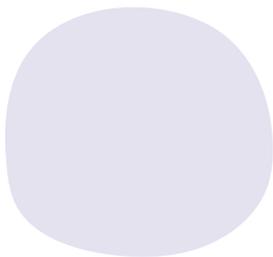
**Can you find something that feels rough?** Use some paper and crayons to take a rubbing and stick it here!

This feels rough

This feels fun

**Where do you like to play?** Take a rubbing and stick it here

**Soil comes in lots of different textures - soft, grainy, sludgy and more!** Find 3 types of soil and draw or stick them here:



1. This soil feels:

2. This soil feels:

3. This soil feels:

.....

.....

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Which soil had the most plants growing in it? 1  2  3

# What can you smell?



## Can you find any tasty smelling herbs?

Make a pressing by putting a herb sprig between two sheets of paper and placing between the pages of a heavy book. Put more heavy books on top and leave for a couple of days, then stick your pressings below!

This herb is ..... , it smells like .....

This herb is ..... , it smells like .....

What would your dream healthy place smell like?

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How would these smells make you feel?

.....

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**Take a 'rubbing' of a texture you like** by putting this paper on the texture and rubbing over with a pencil or wax crayon. Then cut it out and stick in your scrapbook!

**Create a 'pressing' of a herb or flower** by placing a sprig between two sheets of paper. Put in the middle of a heavy book and stack other heavy books on top. Leave for a couple of days and carefully stick into your scrapbook!