

# **The New York Botanical Garden**

## **MATERIALS LIST for THR 406 Horticultural Therapy Methods and Materials**

**Spring/ Fall 2021**

**Instructor: Phyllis D'Amico HTM**

The instructor will provide most of the materials needed for this course.

The materials will be distributed during the first session of class which is scheduled to take place on-site at the New York Botanical Garden.

The following are the items that the student will need to supply:

1-3 hand tools (whatever you have available, trowel, hand rake, etc.)

potting soil (approx. 4-5 cups)

water bottle with sprinkle head or small watering can

small hammer or rubber mallet

stack of newspapers or magazines

4 pieces of cardboard cut to size 8 ½ X 5 ½ inches

flowers and petals- e.g. violas (pansies), geraniums, impatiens, bleeding heart , coreopsis etc.-  
whatever is available in gardens, containers and landscapes (responsibly sourced)

a selection of various natural materials: flower, flower petals, leaves, pods, cones, seeds,  
stones, twigs, etc.

cell phone camera for picture taking and posting