

Co-creating a Wellness Garden Experience

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ELEMENT ONE LISTEN

Invite your design partner to describe three personal wellness or well-being goals, and why each goal is important to them.

Wellness Goal One:
This goal is important because:

Wellness Goal Two:
This goal is important because:

Wellness Goal Three:
This goal is important because:

Now ask your design partner to choose one of those three goals that could be supported by a garden or another outdoor place.

My design partner believes that this goal could be supported by a garden or another outdoor place:

Ask your design partner to describe how a garden or another outdoor place might provide support for this wellness goal.

A wellness garden or another outdoor place could help my design partner achieve this goal by:

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ELEMENT TWO DISCOVER

Ask your design partner to tell two quick stories about garden experiences that created a sense of wellness or well-being in their past. As you're listening, write down four or five words that best describe each experience below.

Garden Experience One:

Garden Experience Two:

Now ask your design partner how their garden experiences could be even better in the future. What would they like less of? More of? What new experiences would they add?

Less Of This:

More Of This:

Add This:

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ELEMENT THREE IMAGINE

Using what you've discovered about your design partner's wellness or well-being goal – and their perceptions of how a garden or other outdoor space might help them achieve that goal – illustrate an eight-step garden experience that could support them in achieving that specific goal.

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4 ELEMENT FOUR **DESIGN**

Now share your prototype wellness garden experience with your design partner. Then ask for their feedback so you can continue to design that experience together.

What works well?	What could be better?	What could be added?

Ask your design partner to choose the one element from the storyboard that would have the greatest positive impact. Then ask them to describe why that activity would be impactful and build on that idea.

The most impactful element is:	This element is impactful because: