

The Peaceful Garden

A gentle creative activity for grief and bereavement

Space to Breathe Therapy · Gentle Distractions & Interactive Activities

A garden you can visit at your own pace

Grief does not always need words. On some days, it can be helpful to have something small and absorbing to do. The Peaceful Garden is a quiet, interactive place to choose plants, arrange peaceful features and enjoy a moment without expectations.

There is no requirement to think about a loss, feel hopeful or find a lesson. A garden can simply be a garden.

Ways to use the garden

Choose a flower, tree or garden feature and place it in one of the plots. You might enjoy making a colourful border, keeping the design simple or experimenting with different arrangements. Change from daylight to twilight, add a butterfly or pause to look at what you have created.

If today is difficult

Keep things very small. You might place one flower, look at the colours for a moment or leave the activity altogether. Rest and stopping are equally valid choices.

Gentle prompts

These invitations are optional. You can skip any that do not feel helpful.

- 1. What colour feels comfortable to look at today?**

- 2. Is there a quiet corner you would like to create?**

- 3. Would you prefer something simple or something full of colour?**

- 4. Is there a flower, object or view that you enjoy for its own sake?**

- 5. What would make this experience easier for you?**

Creating without pressure

You do not have to complete your garden. You can change your mind, clear a plot or return another day. There are no scores, deadlines or correct answers.

My garden reflections

If you would like to write, use these spaces in any way that feels right. You can also leave them blank.

Today I chose to...

One thing I noticed...

Something I might enjoy again...

A note about support

Gentle distraction may provide a moment of relief, but it is not a substitute for professional help. If grief is becoming difficult to manage, consider speaking with a trusted person, a GP or a qualified bereavement professional.

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