



GAYLE SOUTER-BROWN

# Landscape and Urban Design for Health and Well-Being

USING HEALING, SENSORY AND THERAPEUTIC GARDENS



*Salutogenic Design:*

*Designing for health & well-being*







Baby, it's been a little rough.





# LOOSE PARTS







FAIRY HOUSES  
&  
GNOME HOMES











# Building





# Loose Parts: Sand Area





# Fort Building



**Stick-Lets**

<https://stick-lets.com/>





# CREATE





# Nature Geo-Boards





# Sand & Mud Kitchens...





...And "Dining"





# BIRDS NEST









# DIY SCALES

















# Sensory Gardens / Elements





# Sensory Elements



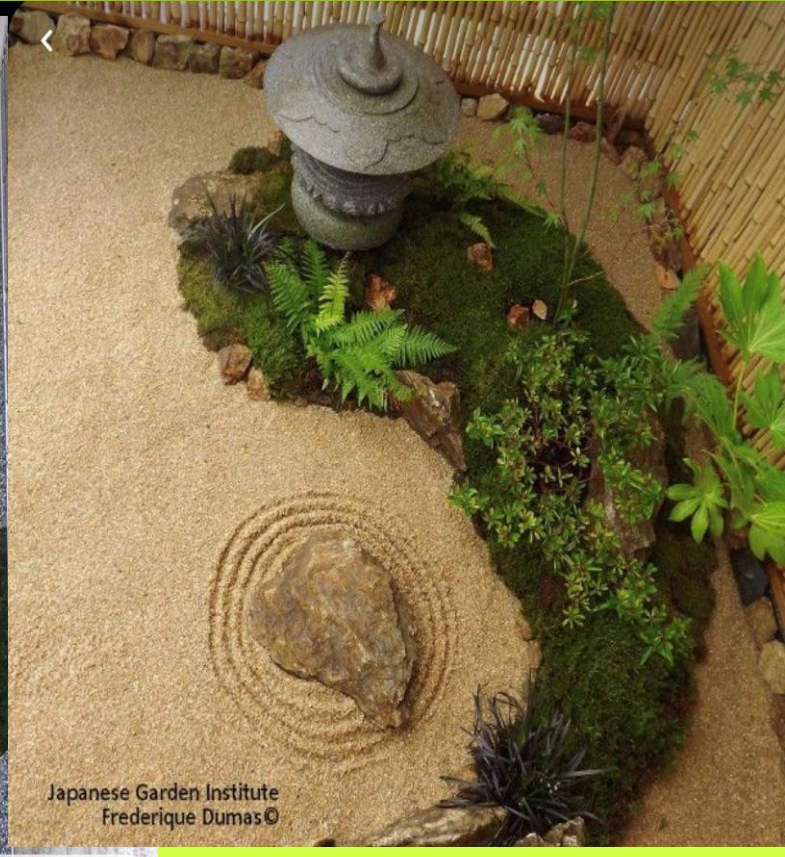


# Prison to Peace





# Japanese / Zen Gardens

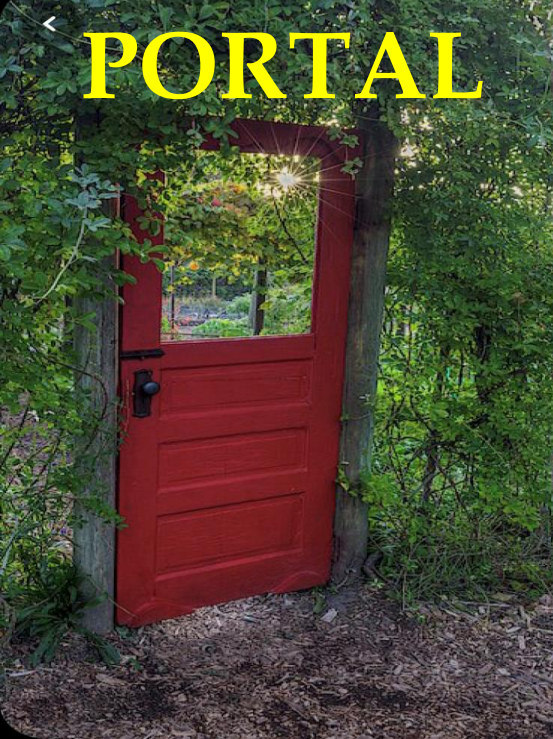
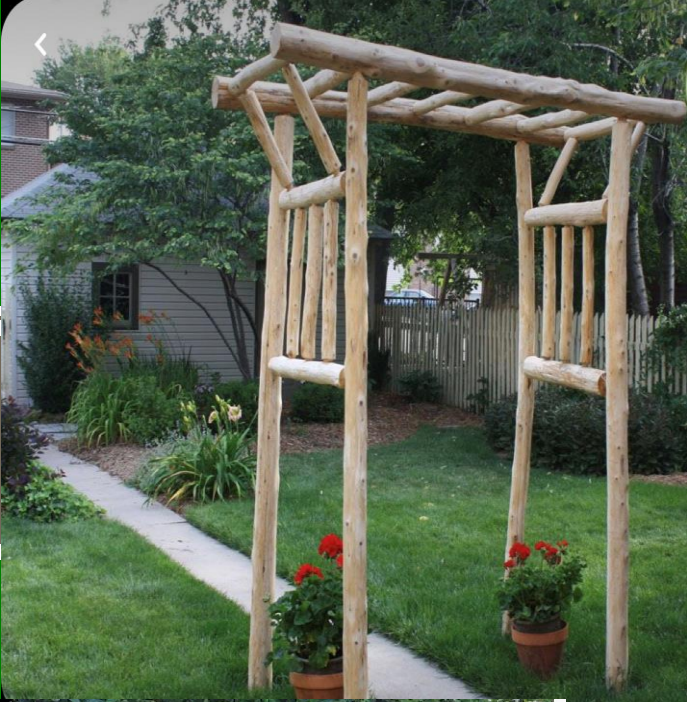




# Fab 4 Elements of Design

*Portal*  
*Surround*  
*Path*  
*Destination*





PORTAL







**SURROUND**

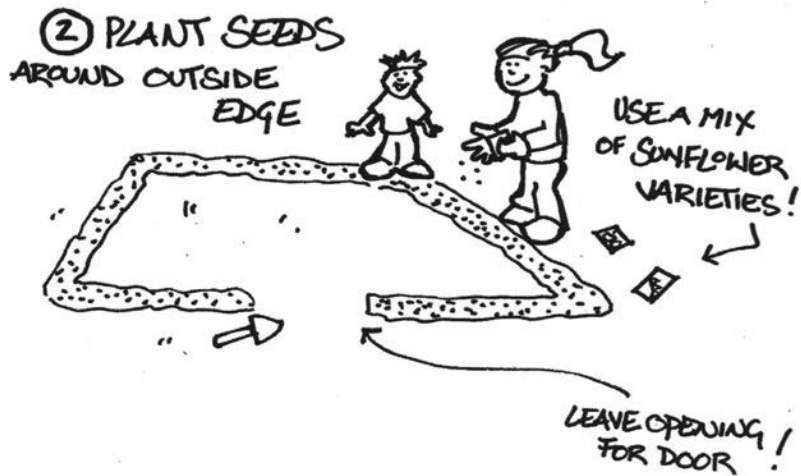




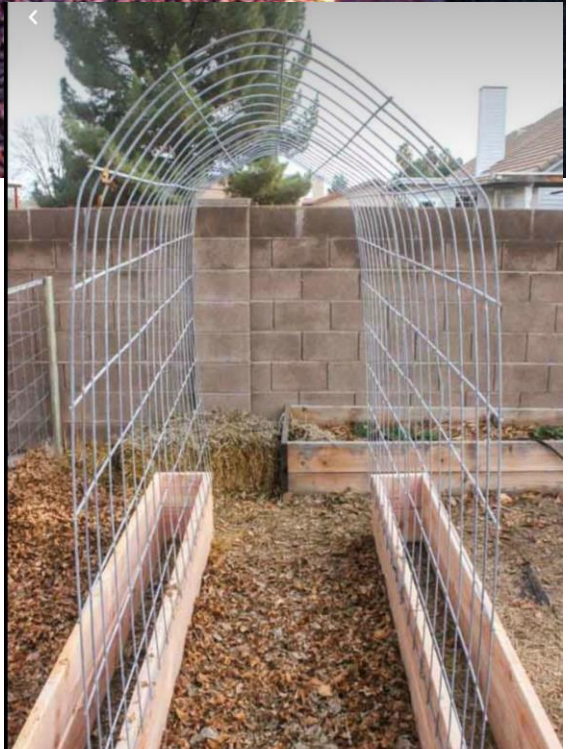




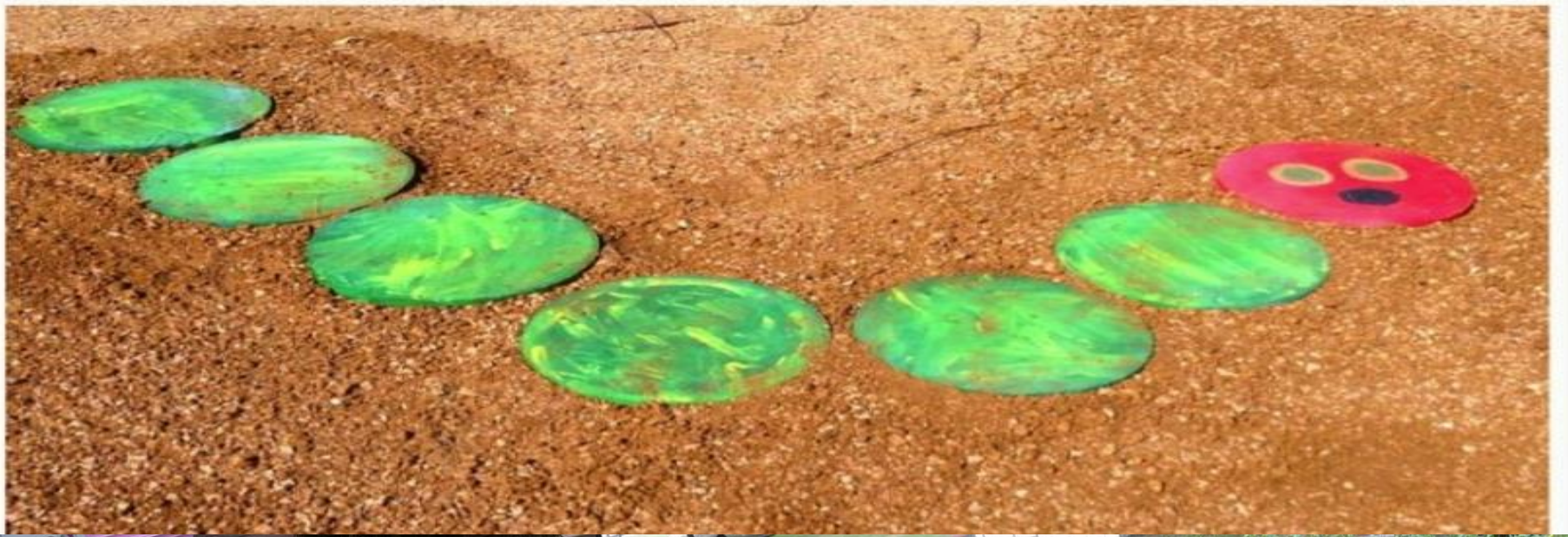
# Sunflower House













# Tree Cookies





# Chill Out: Meditative, Relaxing Elements

## Peace Poles















# **CLASSICAL LABYRINTHS**



## ***Construction Manual***

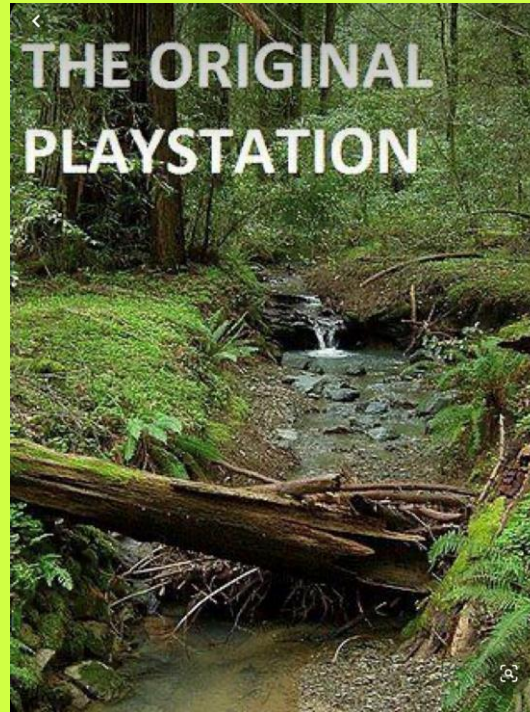








# Creating Outdoor Spaces for Peace & Play



Julie Dieguez  
Jdieguez@aacps.org