



Resource 1: Resource 1: 'Leisure' by W H Davies, 1911

(<http://en.wikisource.org/wiki/Leisure>)

What is this life if, full of care,
We have no time to stand and stare.

No time to stand beneath the boughs
And stare as long as sheep or cows.

No time to see, when woods we pass,
Where squirrels hide their nuts in grass.

No time to see, in broad daylight,
Streams full of stars, like skies at night.

No time to turn at Beauty's glance,
And watch her feet, how they can dance.

No time to wait till her mouth can
Enrich that smile her eyes began.

A poor life this if, full of care,
We have no time to stand and stare.



Resource 2: Images of National Trust properties

The National Trust has hundreds of properties throughout the UK, including houses, gardens, castles, coast and countryside.



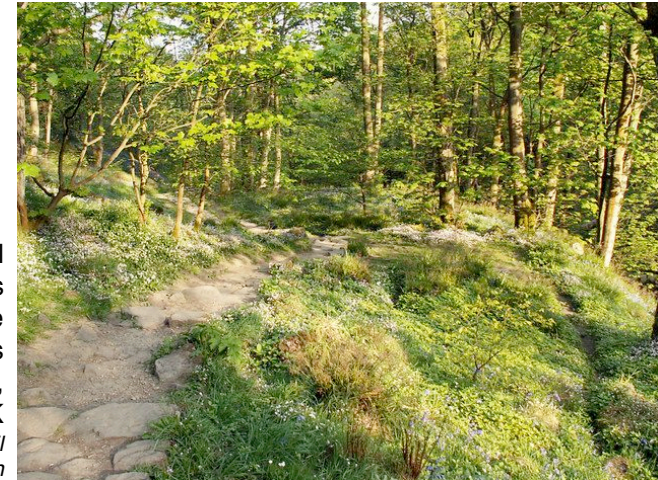
National Trust's
Kynance Cove,
Cornwall, UK
By Andy Wright

National Trust's
Stourhead,
Wiltshire, UK
By Mike Searle





National Trust's
Cragside House,
Northumberland, UK
By J Thomas



National
Trust's
Hardcastle
Cags
woodland,
Yorkshire, UK
*By Phil
Champion*

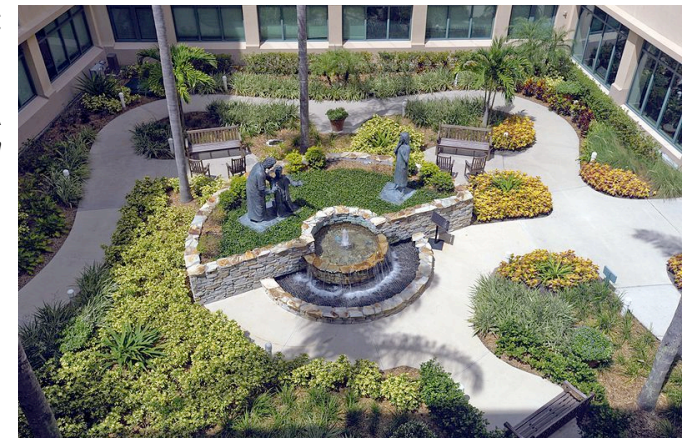


Resource 3: Images of healing gardens



Peaceful garden at Glenfield Hospital, Leicester, UK

Healing Garden at
Florida Hospital
Celebration Health,
USA
By Celebration Health





Helmsley Walled Garden, North Yorkshire, UK

By Carol Walker

Helmsley Walled Garden is a Registered Charity dedicated to providing Horticultural Therapy, support and training opportunities for those with learning, physical and emotional difficulties and also for people with more temporary needs, like bereavement or recovery from trauma.

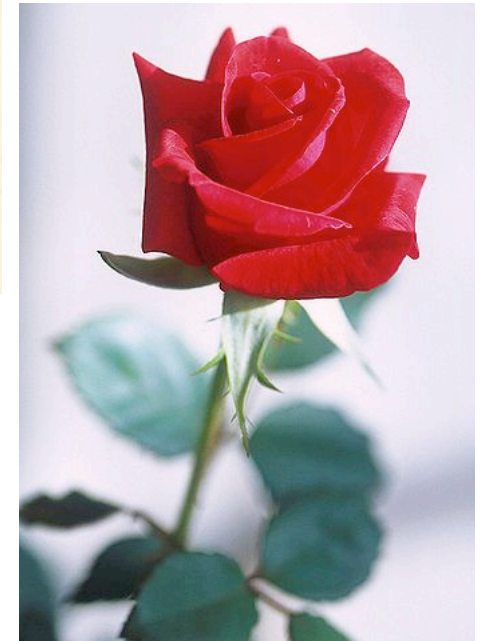
<http://www.helmsleywalledgarden.org.uk/horticultural-therapy-2/>



Resource 4: Images of flowers and plants with meaning



Holly *Ilex aquifolium*



Red rose *Rosa sp.*



Tulsi or Holy basil
Ocimum tenuiflorum
growing in an Indian
courtyard

Resource 5: The symbolic meaning of flowers
see separate pdf: [HealBodyRes2flowers.pdf](#)

Resource 6: Healing plants
see separate pdf: [HealBodyRes2medicinalplants.pdf](#)



Web links to download the pictures included in 'Healing Body and Soul' lesson resources:

National Trust's Kynance Cove, Cornwall, UK

http://commons.wikimedia.org/wiki/File:Kynance_Cove_2.jpg?uselang=en-gb

National Trust's Stourhead, Wiltshire, UK

http://commons.wikimedia.org/wiki/File:Autumn_Colours_-_Stourhead_-_geograph.org.uk_-_1044997.jpg

National Trust's Cragside House, Northumberland, UK

http://commons.wikimedia.org/wiki/File:Cragside_House_-_geograph.org.uk_-_1254346.jpg?uselang=en-gb

National Trust's Hardcastle Cags woodland, Yorkshire, UK

http://commons.wikimedia.org/wiki/File:Spring_flowers_at_Hardcastle_Cags_-_geograph.org.uk_-_431936.jpg?uselang=en-gb

Peaceful garden at Glenfield Hospital, Leicester, UK

http://commons.wikimedia.org/wiki/File:Peaceful_garden_at_Glenfield_Hospital_-_geograph.org.uk_-_964858.jpg

Healing Garden at Florida Hospital Celebration Health, USA By Celebration Health

http://en.wikipedia.org/wiki/File:Healing_Garden_at_Celebration_Health.jpg

Helmsley Walled Garden, North Yorkshire, UK

http://commons.wikimedia.org/wiki/File:Helmsley_Castle_gardens_-_geograph.org.uk_-_1403824.jpg?uselang=en-gb

Holly (Ilex aquifolium)

http://commons.wikimedia.org/wiki/File:Ilex_aquifolium.jpg?uselang=en-gb

Red rose (Rosa sp.)

http://commons.wikimedia.org/wiki/File:Red_rose.jpg

Tulsi or Holy basil (Ocimum tenuiflorum) growing in an Indian courtyard

http://commons.wikimedia.org/wiki/File:Ocimum_tenuiflorum.jpg?uselang=en-gb

Buttercup

http://commons.wikimedia.org/wiki/File:Ranunculus_repens_0.0_R.jpg

Iris

http://commons.wikimedia.org/wiki/File:Iris_sibirica_05.jpg

Ivy

http://commons.wikimedia.org/wiki/File:Hedera_helix_clinging.jpg

Lavender

http://commons.wikimedia.org/wiki/File:Lavandula_angustifolia090718.jpg

Lily of the Valley

[http://commons.wikimedia.org/wiki/File:Lily_of_the_Valley_\(Convallaria_majalis\)_-_geograph.org.uk_-_1306480.jpg](http://commons.wikimedia.org/wiki/File:Lily_of_the_Valley_(Convallaria_majalis)_-_geograph.org.uk_-_1306480.jpg)

Magnolia

[http://commons.wikimedia.org/wiki/File:Magnolia_x_soulangeana_\(Jean_Tosti\).jpg](http://commons.wikimedia.org/wiki/File:Magnolia_x_soulangeana_(Jean_Tosti).jpg)

Marigold

[http://commons.wikimedia.org/wiki/File:Pot_Marigold_\(Calendula_officinalis\).jpg](http://commons.wikimedia.org/wiki/File:Pot_Marigold_(Calendula_officinalis).jpg)

Oak leaf

http://commons.wikimedia.org/wiki/File:Quercus_robur_1.jpg

Pear blossom

http://commons.wikimedia.org/wiki/File:Pyrus_calleryana_callery_pear_blossom.jpg

Rose

http://commons.wikimedia.org/wiki/File:Baccara_Rose.jpg

Rosemary

http://commons.wikimedia.org/wiki/File:Rosmarinus_officinalis_0002.JPG

Sunflower

http://commons.wikimedia.org/wiki/File:Drei_Sonnenblumen_im_Feld.JPG

Wild garlic or ransoms

http://commons.wikimedia.org/wiki/File:Allium_ursinum.jpg?uselang=en-gb

Dog rose

http://commons.wikimedia.org/wiki/File:Rosa_canina_.jpg

Maidenhair tree

http://commons.wikimedia.org/wiki/File:Ginkgo_biloba_010.JPG

Echinacea

http://commons.wikimedia.org/wiki/File:Wallensteinplatz_Echinacea_2010_01.jpg

Common evening primrose

http://commons.wikimedia.org/wiki/File:Oenothera_biennis002.jpg



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