



To ensure the Superbloom stays looking beautiful and continues to be enjoyed by everyone, please don't eat, pick or step on the flowers.

You are standing in the Moat of the Tower of London. From the 1200s it was filled with water. In 1845 the Moat was drained because it had become boggy and a source of disease! Since then, the Moat has mostly been out of bounds to the public. It has been used as a military encampment and for training, and for community allotments during the Second World War. Tower residents have used it for dog walking, tennis and even as a family play area. Now, the Moat has a new lease of life, it is open and flooded with flowers for you to enjoy.

### The Moat



Nature restores attention and mental energy by alleviating mental fatigue and stress. It has a positive emotional impact, increasing serotonin, reducing cortisol and helping improve mood. Many studies have shown that time in nature is vital to our sense of wellbeing. To make the most of your time in the Superbloom, encourage your students to take notice using the following prompts to help guide them.

*Nature is good for you – there's plenty of evidence to prove it*



## CREATING THE SUPERBLOOM WAS A HUGE JOB. IT TOOK...

- 10,800 metric tonnes of soil
- 2.4km of drainage
- Over 20 million seeds from 29 different species
- To fill 14,000sqm of moat with flowers!

Visit the [hrp.org.uk/superbloomschools](http://hrp.org.uk/superbloomschools) to find resources to help you create a school garden for wellbeing. For Primary, Secondary and SEND.

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HISTORIC ROYAL PALACES

TOWER OF LONDON

# SUPERBLOOM

*Teacher guide*

**SPACE TO STIR AND BE STIRRED**

TOWER OF LONDON • HAMPTON COURT PALACE • BANQUETING HOUSE  
KENSINGTON PALACE • KEW PALACE • HILLSBOROUGH CASTLE AND GARDENS

## SENSE

Stand still and close your eyes.  
What can you hear?

Take a deep breath through  
your nose. What can you smell?

Stand up tall and look at the  
whole Superbloom. How does  
it make you feel?



## IMAGINE

Imagine you're a pollinator – which  
flower would you choose and why?

The Moat used to be filled with water.  
Imagine how it would have looked  
then. Why do you think previous  
inhabitants wanted it full of water?

Crouch down to look at a flower  
up close. Now imagine you are  
that flower. Think of three  
words to describe how you feel.

*Each of the  
three sides of the  
Superbloom has a  
different feeling*

## BLOOM

Are any of these flowers familiar?  
Where might you have seen them  
before? What do they make you  
think of?

How many different types  
of flowers can you count?  
How many different colours?

Can you see any pollinators  
buzzing around the flowers?  
How many can you name?



### *Side one – The West Moat*

This is the 'Wow' moment as you are first immersed  
in flowers (and maybe even arrive in style via the  
slide!). Weave your way along the winding paths  
enjoying the colour and fragrance of the displays.

### *Side two – The North Moat*

Listen out for the soundscape specially written for  
Superbloom by Scottish contemporary composer  
Erland Cooper. This is a great place to take a moment  
and surround yourself in the sights and sounds  
of nature.

### *Side three – The East Moat*

Enjoy seeing the world from a new perspective.  
The 'nest', a woven wicker sculpture, gives you new  
views of London. As you continue along the path  
the flower displays get taller and begin to tower over  
you, surrounding you in nature and making you feel  
at home with the bees and butterflies.

Repeat some of the questions in each  
of the different areas to help students  
appreciate the subtle changes as you  
make your way around the three sides.

