**Heather Allen**

Plant Bench

**Relationship Focus**

Human-to-Tools

**Context**

The Plant Bench allows workers to escape from their desks for short breaks to connect to nature by tending to plants. Procrastination can leave people feeling uninspired, unmotivated, or stagnant; my object brings an alternative focal-point to the office, allowing coworkers to participate in the care and maintenance of a community plant. Gardening and the presence of plants in office are both proven to be therapeutic; by offering the worker an opportunity to garden within the office, I am offering them a chance to have a mental break from their day and a chance to relieve stress. The Plant Bench is of an adequate size to accommodate a large variety of plants, allowing the consumer to customize.