



# SENSORY ACTIVITIES AT THE CONSERVATORY

The Scotts Miracle Foundation Children's Garden is about testing out your senses - Bee Bop corner challenges your hearing by playing on different instruments and trying out different sounds.

The sensory garden lets you smell and touch different herbs. When you visit, make sure to use your sense of sight and look high in the trees for squirrels and to find the elusive hawk who calls the garden her home!



# SENSE OF: SIGHT

Everywhere you look in the Children's Garden, you will see rainbows. A rainbow is a multicolored arc that forms in the sky. Rainbows are created by both reflection and refraction (bending) of light in water droplets in the atmosphere, which results in a spectrum of light appearing. Let's go on a nature scavenger walk using the colors of the rainbow.



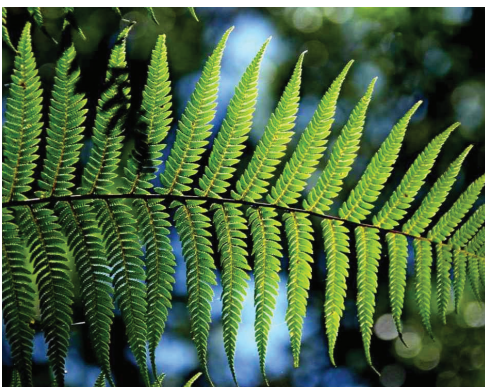
## RAINBOW SEARCH

### Materials needed:

- 🌿 colored pencils or crayons
- 🌿 black pencil or crayon
- 🌿 notebook or paper



1. Draw a giant rainbow on a piece of paper and take it with you on your walk.
2. Find 3 things of each color of the rainbow – red, orange, yellow, green, blue, and purple.
3. Every time you find a new object, use your black pencil or crayon and draw or use words to describe it on the matching rainbow color.



Have you ever wanted to capture a rainbow and bring it home? Learn how to make your very own rainbow:

<https://www.youtube.com/watch?v=Cm9ZkYTnCNE>

To learn more, check out The Science of Rainbows:  
<https://www.youtube.com/watch?v=5pYnC-ONdXQ>



# SENSE OF: SOUND

Nature provides us with many unforgettable sounds - breezes whistling through the leaves, birds singing early in the morning, and streams gurgling over rocks. Our ears are what we use to hear the sound. Ears are on the opposite side of our heads for a reason. They are in the best position to help us determine where the direction of the sound. This is important for animals too. Locating a sound helps animals in several ways; it allows them to find mates calling, hear a predator in the distance, and to find food.



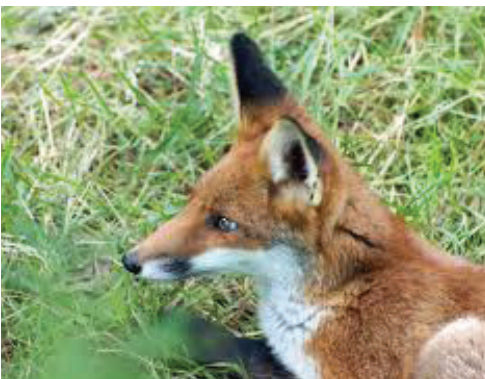
## MAKE YOUR OWN ANIMAL EARS

### Materials needed:

- 🌿 pencils, crayons, and paper
- 🌿 paper
- 🌿 paper or plastic cup
- 🌿 scissors



1. Find a safe, comfortable outdoor space where you can sit quietly. Then close your eyes and listen to the sounds around you for several minutes.
2. With your pencils, crayons, and paper, make a “sound map.” Put an X in the middle of a page to represent you, and then use pictures or words to show the locations of the sounds you hear all around. Use lines to show directions and distances.
3. Which sounds did you like most? Least? What else did you hear? What might have caused the sounds you heard?
4. Name some animals that are active at night. Do they have any special adaptations for seeing and hearing in the dark? For example, foxes have large ears for picking up small sounds.
5. Mimic fox ears by cutting off the bottoms of paper cups and gently fitting the cups over their ears. How does this change what you hear? Can you add any new sounds to your map after listening with these new ears?



Can you guess these sounds:

[https://www.youtube.com/watch?v=3FPKHzzp\\_ng](https://www.youtube.com/watch?v=3FPKHzzp_ng)

# SENSE OF: TOUCH

Skin is the largest sense organ, and it allows our entire body to experience a “sense of touch.” Our sense of touch uses many different receptors (small cells) that help us to respond to various stimuli (a thing that produces a reaction) such as pain, pressure, tension, temperature, texture, shape, weight, contours, and vibrations. Let’s discover shapes and textures in nature using trees at a local park, a mystery box, and use our sense of touch!



## WHAT CAN YOU FEEL?

### Materials needed:

🌿 box

In your yard gather the above materials and then see if you can use these materials to construct a dam or lodge-like beavers do.

1. Take a walk and find an area with at least three different trees.
2. Collect five objects or more from the ground underneath the trees.
3. Place the objects in a “mystery box” so the items can be felt but not seen.
4. Feel the items in the mystery box and guess what you have in the box. As an extra challenge, search the collection area to find matching objects.
5. Return the collected objects to the ground.
6. Find another area to explore and do again!
7. What is important about your sense of touch? How do you use it?
8. What would life be like without your sense of touch?
9. Can you identify objects by only feeling them? Close your eyes and examine trees using only their hands. Can similarities and differences be found?



Take a deep dive into:

How Your Skin Works: <https://www.youtube.com/watch?v=aMGgCxUyXT8>

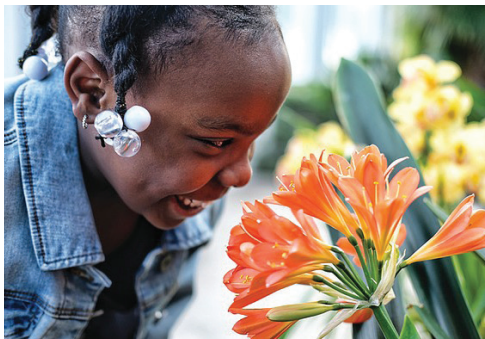
Learning About Trees: <https://www.youtube.com/watch?v=abVvZLyZAlg>

Tree Bark Rubbing: [https://www.youtube.com/watch?v=\\_JX00ICwYcs](https://www.youtube.com/watch?v=_JX00ICwYcs)

# SENSE OF: SMELL

Smells are all around us, some wonderful and some... we may not like them so much. Tiny odor molecules pass through the nose. The receptors send messages to the brain about the smells. Your sense of smell can help you understand your world. You know when you've burnt the toast, and the smell of cut grass alerts you that summer has finally arrived.

Take a walk outside and test out your smelling skills and pick some herbs, flowers, or pine needles along the way.



## SENSORY DOUGH (THIS ACTIVITY REQUIRES ADULT ASSISTANCE)

### Materials needed:

- 🌿 1.5 cups water
- 🌿 1 cup salt
- 🌿 2 cups flour
- 🌿 large bowl
- 🌿 2 tbsp vegetable oil
- 🌿 1 teaspoon of lemon juice
- 🌿 saucepan
- 🌿 spoon
- 🌿 flowers, herbs, pine needles, herbs that you picked up on your walk

1. Combine water, oil, salt, and lemon juice and warm in a saucepan.
2. Remove from heat and let cool.
3. Put your flour in a large bowl and add flour.
4. Add the liquid from the saucepan into the flour .
5. Add in your flowers, pine needles (crush up first) or herbs
6. Stir, then knead until smooth.
7. Now use your imagination and create something out of the dough!

Take a deep breath and watch this video on how our nose works:

<https://www.youtube.com/watch?v=V9CpmgTPhu8>

Dogs are known to have great sniffers, see why that is:

[https://www.youtube.com/watch?v=p7fXa20cc\\_U](https://www.youtube.com/watch?v=p7fXa20cc_U)



# SENSE OF: TASTE

Did you ever wonder why your favorite foods taste so good? Well, you can thank your taste buds for letting you appreciate the saltiness of pizza and the sweetness of cake. Our tongue is the sensory organ that allows us to experience flavors that are sweet, salty, sour, and bitter. Look at your tongue. Do you see bumps? Those bumps are called papillae (puh-PILL-ee), and most of them contain taste buds, about 10,000 to be exact.



Taste and food go hand-in-hand. Let's grab a snack or meal and picnic outside as we taste our food and think about where it comes from!

## SENSORY PICNIC

### Materials needed:

🌿 snacks or meal on a plate      🌿 pencil      🌿 paper

1. Take one bite a food.
2. Write down where you think about where the food or ingredients came from: Eggs come from chickens raised on farms. Whole wheat toast has wheat in it, which is a crop planted and grown on farms.
3. Do this for every different type of food on your plate.
4. Circle the foods or ingredients that come from a plant.
5. Draw a square around the foods or ingredients that are from an animal.
6. How many do you have of each? Did they come from a farm? Could they grow in the United States? Plants like bananas would not grow here; you would need to travel to South America to see them!
7. Your sense of smell also makes food tastes better. Try eating something while you pinch your nose shut. Doesn't taste the same, does it?



When you lick an ice cream cone, think about everything your tongue has to do. It is amazing!

How your tongue works: <https://www.youtube.com/watch?v=0hwOL91cjwM>

Where our food comes from: <https://www.youtube.com/watch?v=beaoMedIZyM>