Herbal Adventures
A Treasure Hunt in the Garden

General Notes About this Program
- This is an outdoor program. Participants should dress for the weather, and be aware that, at certain times of year, mosquitoes can be bothersome.
- We can serve a maximum of 60 students at a time with this program
- Please divide your students into groups of 10-12 prior to your arrival at NCBG. We can serve a maximum of 5 groups of this size at a time.

Curriculum Alignment
All of the North Carolina Botanical Garden’s educational programs are aligned with North Carolina and/or national education standards. The pre-visit, Garden visit, and extension activities that make up the Herbal Adventures educational program align with the following standards:

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<th>National Science Content Standards: Grades K-4</th>
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<td><strong>Standard A: Science as Inquiry</strong></td>
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Pre-Visit Activity: Using Our Senses
In this activity, teachers will guide students through a hands-on activity using their five senses to describe common objects. Students will describe how various objects look, feel, smell, taste, and sound using their own senses.

Materials Needed:
Each student will get a brown paper bag containing:
A small amount of Play-Doh
Pine needles
1 piece of colored paper cut into a shape. A variety of shapes and colors is preferred
A sugar free peppermint candy.

Procedure:
1. Begin by asking students to name the five senses. As they name the five senses, be sure to ask them what body parts they use for each.

2. Tell students that they can use their five senses to learn about the world, and we can use these senses to talk to other people about the world.

3. Pass out the paper bags to each student and ask them to place the contents onto their desks.

4. Ask students to pick up the Play-Doh and hold it in their hands. Tell them to pinch it with their fingers. Ask students to tell you how it feels. After a number of students have described the feel of the Play-Doh, tell them that they have just used their sense of touch to learn about that Play-Doh.

5. Now ask students to crush the pine needles and place them on their desk. Have them close their eyes and smell the crushed pine needles without touching them. Ask them to describe how it smells. After getting some students to describe the smell, explain to them that they learned something completely different about the pine needles than they did about the Play-Doh because they smelled it instead of felt it.

6. Ask students to look at their pieces of construction paper without touching it. Have them describe what it looks like. Students should be able to say that their paper has a specific color and a specific shape. This time, students used sight to learn about the construction paper.

7. Have students pick up their brown paper bag. Have them crumble it in their hands, and listen to the sound it makes. Have students describe how it sounds.

8. Last, have the students put the candy in their mouth and describe how it tastes. Tell students they have used all five senses today to learn about different objects. Tomorrow, they will use their senses to learn about plants at the Botanical Garden.
Garden Visit: A Treasure Hunt in the Garden
In this activity, Docents will lead an educational program in the Mercer Reeves Hubbard Herb Garden. Students will be led to 5 different stations where they will explore plants and nature using each of their 5 senses.
Extension Activities: Bringing it Home
The North Carolina Botanical Garden encourages you to continue to teach students to appreciate nature by engaging them in hands-on, inquiry-based learning opportunities in the indoor and outdoor classrooms. The activities and books listed below are a good way to follow-up your garden visit while encouraging students to learn about and appreciate the natural world.

Classroom Activities:
Plant an herb, such as Rosemary on your school grounds. Have students help care for the plant throughout the year.

Bring a houseplant into your classroom. Use that to teach students the needs and structures of plants. Have students help care for the plant throughout the year.

Have students plant flowers, such as impatiens, or large seeds, such as Sunflower or Marigold, in pint-size milk containers.

Suggested Books:
Activity Guides for Teachers:


Other Books:


Potter, Beatrix. The Tale of Peter Rabbit. New York, Frederick Warne & Co., 19--.