

## **Sensory Activities for Pre-K, K & 1<sup>st</sup> Grades - 30-45 minutes**

All tours should start with a 1-minute reinforcing of the rules.

**Welcome to Untermyer Gardens – our staff work hard to make the gardens a beautiful and safe space for all to enjoy.**

**Please keep the gardens beautiful by:**

- **Being careful where you walk,**
- **Staying on the paths or lawn,**
- **Looking at the flowers with your eyes (not your hands),**
- **Staying out of the water,**
- **Eating only in the picnic area.**

**Sensory Tour:** Docents will engage the youngest students by using their senses to experience the garden. This tour will take place in the TOL and R&S gardens. Students will feel the grass as they roll down the gentle slopes in the cherry bowl, listen to the different sounds of the water in the stream and over the waterfalls, stop and smell the flowers, and of course see all the different colors in the garden.

Join me in singing along to this song about how to grow a garden:

**Inch by Inch Song:** <https://www.youtube.com/watch?v=D3FkaN0HQgs>

Inch by inch, row by row  
Gonna make this garden grow  
All it takes is a rake and a hoe  
And a piece of fertile ground

Inch by inch, row by row  
Someone bless these seeds I sow  
Someone warm them from below  
Till the rain comes tumblin' down

Pullin' weeds and pickin' stones  
Man is made of dreams and bones  
Feel the need to grow my own  
'Cause the time is close at hand

Rainful rain, sun and rain  
Find my way in nature's chain

Tune my body and my brain  
To the music from the land

Plant your rows straight and long  
Temper them with prayer and song  
Mother Earth will make you strong  
If you give her love and care

Old crow watchin' hungrily  
From his perch in yonder tree  
In my garden I'm as free  
As that feathered thief up there

Inch by inch, row by row  
Gonna make this garden grow  
All it takes is a rake and a hoe  
And a piece of fertile ground

An inch by inch, row by row  
Someone bless these seeds I sow  
Someone warm them from below  
Till the rain comes tumblin' down

**What are your five senses? Touch, hear, smell, see, taste.  
Gardens are places that can appeal to all of your senses and make you feel  
happy.**

Students will:

Feel the grass as they roll down the gentle slopes in the cherry bowl:  
What does the grass feel like? texture, temperature, softness

Hear the stream:

Describe the sound and tell me how does it make you feel? calm, bubbly, happy, cool

Smell these flowers & herbs (peppermint leaves/lavender):

How do they make you feel?

See the colors of the flowers & leaves; it is part of garden.

Pick a colored paint sample and find a flower to match the color. We will take a photo  
of your match. Be careful not to touch the flower.

### **Movement Activity:**

**Let's listen to the song again. If you remember the words, you can sing along or you can pick a colored streamer and dance like you are a flower in the garden.**

### **Book Activity**

The Tiny Seed by Eric Carle or The Hungry Caterpillar

Let's plant seeds to grow plants for the caterpillars and other pollinators who start the food chain that keeps our planet healthy.

### **Seed Activity:**

Materials: small plastic cups, potting soil bag, nasturtium seeds, small baggies, rubber bands, sharpies, water jug. Sample baggies of different seeds.

Seeds come in all sizes and shapes. Here are some in bags that you can pass around. What differences do you notice? Shape, size, color, texture

Plant a nasturtium seed in a cup to take home and watch it grow.

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All it takes is a rake and a hoe  
And a piece of fertile ground  
Inch by inch, row by row  
Someone bless these seeds I sow  
Someone warm them from below  
Till the rain comes tumblin' down  
Pullin' weeds and pickin' stones  
Man is made of dreams and bones  
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