

Our Visit to the Royal Botanic Gardens



Health and
Wellbeing in Nature

We are going to visit the Royal Botanic Gardens Victoria.

We can also call it the Botanic Gardens.

The Botanic Gardens is a beautiful, large garden near the city of Melbourne. It has many plants from all around the world.



We will look for the meeting place when we arrive at the Botanic Gardens.

A Learning Facilitator will greet us.



There is a quiet shady place to have a snack and a drink.



The toilets are nearby too.



My teacher and the Learning Facilitator will help me to stay safe at the Gardens.



The Learning Facilitator will help us 'tune in' to our senses.

We can close our eyes and listen to sounds.

We may hear birds, or bees?

We may sit or lie on a mat for some meditation.



We can use our eyes for looking,
our hands for touching and our
bodies for exploring in the Botanic
Gardens.



The Learning Facilitator will take us to the Children's Garden.

The Children's Garden is enclosed with a fence.



We will visit the Kitchen Garden where many different fruit and vegetables are growing.

Fruit and vegetables are good for our health.

We can rub the leaves of the plants to smell the scents.

Some leaves are soft, some leaves are rough.

Some leaves are spikey so we will touch them gently.



We can collect treasures, such as leaves, seed pods and bark. We will use them later to make garden art.

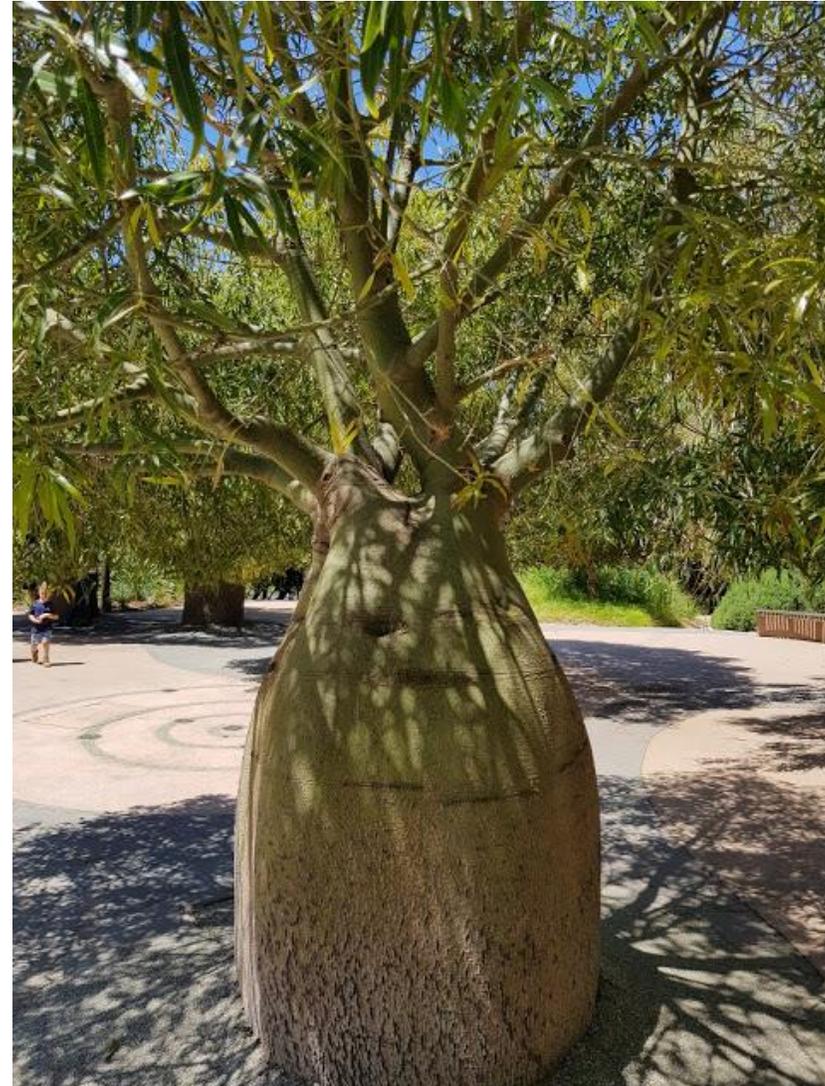
We will find our treasures on the ground.



We can crawl through the ancient river red gum.



We can hug the bottle trees.



We will explore the beautiful Botanic Gardens.

We must remember to;

- walk, not run
- stay on the paths or grass



We can find quiet places to rest.

We will walk through Fern Gully.

We can feel the cool air.

We can smell the damp earth.

We can listen for birds, the trickling water and wind in the trees.

It's calm and quiet in Fern Gully.



We will find a quiet place to sit.



We can make patterns with the treasures we have collected.



We will walk to the Herb Garden.

Herbs are plants used for food, medicine and perfume.

The herb garden is shaped like a wheel.

We can explore the garden.



In the herb garden we can look for a cooking herb and a medicine herb.

We can rub the leaves of the plant to release the scent.

The Learning Facilitator will help us to make pot pourri, a small bag of scented herbs.



We will walk back to our quiet space for lunch.



There are signs in the Gardens to help us find our way.



Visiting the Botanic Gardens makes us feel relaxed. It's good for our wellbeing.