

# 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 accessible 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.

Maybe we can smell different scents in the Garden.



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



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 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 will find some baskets full of natural materials. Some cones, seed pods and bark will feel rough, some will feel smooth or soft.



We can make patterns with the treasures we have collected.



We can walk to the Herb Garden or Sensory Garden and explore these beautiful spaces.

Herbs are plants used for cooking, medicines or perfume.

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





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



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





We may feel different emotions in the Garden. Sometimes being in nature makes us feel calm, happy, peaceful or excited!



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 is good for our wellbeing.



## Additional Notes:

- The Children's Garden is closed in term 3 so most of the program will be held in the larger Garden.
- The Social Script is a general guide to some of the sensory experiences and language children will encounter at the Gardens.
- Each of our programs will be adapted to the age and developmental stage of children. Please discuss your children's interests and needs with our Learning Facilitator.

**We look forward to welcoming you at the Royal Botanic Gardens Melbourne.**



Royal  
Botanic  
Gardens  
Victoria