



Santa Barbara  
Botanic Garden

Grow Native Plants

# Self-Guided Activities Packet

Exploration activities for adults and children of all ages to enhance your visit

[SBBotanicGarden.org](http://SBBotanicGarden.org)



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This packet contains a variety of self-guided activity resources. Select and print the activities that work best for your visit plans.

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- Birds
- Sensory

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# Scavenger Hunts & Bingo Boards



## TOPICS

### Scavenger Hunts

- Sensory Exploration
- Leaves
- Gratitude
- Photo Match
- General Outdoors
- Bird Search Checklist

### Bingo Boards

- General Outdoors
- Birds
- Sensory

# USE YOUR SENSES

There are many ways to experience nature.  
Use all of your senses to explore the Garden.



SEE

- A budding leaf or flower.
- Insects coming out of the ground.



HEAR

- Two different bird sounds.
- An animal rustling in the bushes.



TOUCH

- Something warmed by the sun.
- Something smooth.



SMELL

- A tree with spicy, strong smelling leaves.
- The soil underneath leaves.



# IDENTIFY WITH YOUR SENSES

## Trees

Prickly feeling leaves.



(Photo/Haller)

Leaves that smell.



(Photo/Haller)

Pattern on bark.



(Photo/Bornstein)

## Birds

Hammering sound of the Acorn Woodpecker.



(Photo/Mallon)

"Caaw" of the American Crow.



(Photo/Billiter)

"Scratch scratch" of the Spotted Towhee.



(Photo/Dewire)

## Bugs

Shiny beetle.



(Photo/Tighe)

Textured Roly Poly



(Photo/Rorabaugh)

Web of a spider.






(Photo/Lawson)




# Leaf Scavenger Hunt

Search for leaves with these identifying features:


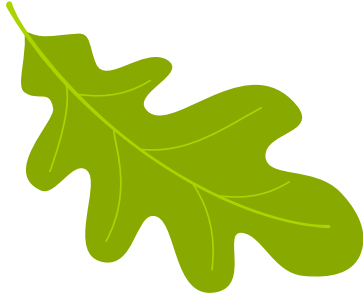
## Leaf Shape:

		
<input type="checkbox"/> Hand-shaped	<input type="checkbox"/> Spear-shaped	<input type="checkbox"/> Heart-shaped

## Leaf Arrangement:

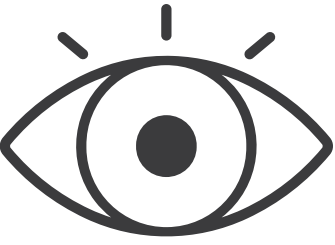

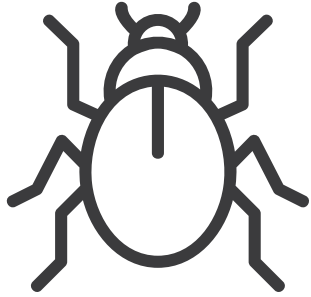

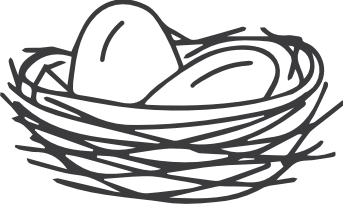






		
<input type="checkbox"/> Simple	<input type="checkbox"/> Compound	<input type="checkbox"/> Double Compound

## Leaf Edge

		
<input type="checkbox"/> Smooth	<input type="checkbox"/> Toothed	<input type="checkbox"/> Lobed

# Gratitude Scavenger Hunt

Look for something in nature that...

			
<input type="checkbox"/> Makes you smile	<input type="checkbox"/> Is your favorite color	<input type="checkbox"/> Is interesting	<input type="checkbox"/> Feels interesting
			
<input type="checkbox"/> Makes a pretty sound	<input type="checkbox"/> Is fun to play with	<input type="checkbox"/> Is good for insects	<input type="checkbox"/> Makes a friend happy
			
<input type="checkbox"/> Can be used to build	<input type="checkbox"/> Is an animal's home	<input type="checkbox"/> Can be used as a gift	<input type="checkbox"/> Is good for birds
			
<input type="checkbox"/> Smells good	<input type="checkbox"/> Is good for mammals	<input type="checkbox"/> Brings good memories	<input type="checkbox"/> Makes you calm

# Photo Scavenger Hunt

Can you find these locations around the Meadow? Take a selfie and share it with a friend!





A detailed illustration of a natural scene. A large tree with green leaves and small brown fruits dominates the left side. A blue bird is perched on a branch. At the base of the tree, a raccoon is visible. In the foreground, a snake is slithering across the ground. The background shows a hazy mountain range under a light sky. Two butterflies are flying on the right side of the page.

# Outdoor Scavenger Hunt

Search the outdoors for:

- Line of insects
- A flower of your favorite color
- An insect hiding in a plant
- A pollinator
- A multicolored leaf
- An animal home
- A flock of birds
- An animal using a plant
- A leaf larger than your hand
- A soaring bird
- A flower with 5 petals
- Animals interacting

# BIRD SEARCH

Our local bird enthusiast friends at Santa Barbara Audubon Society helped create this list of things you can look for when birdwatching.

Find a bird that is

- on the ground.
- in the sky.
- perching on a tree branch.
- hiding in a bush.
- hunting.
- eating. *Bonus: What is it eating?*

Bird habitat. Search for

- water birds can drink.
- a good spot for a bird nest.
- food that a bird might eat.
- plants where birds can hide.



# Backyard Bingo

Look for something in nature that...

				
<input type="checkbox"/> Bitten leaf	<input type="checkbox"/> Nest	<input type="checkbox"/> Spider Web	<input type="checkbox"/> Bug on flower	<input type="checkbox"/> Flying animal
				
<input type="checkbox"/> Water Source	<input type="checkbox"/> Animal tracks	<input type="checkbox"/> Tree Cavity	<input type="checkbox"/> Animal Call	<input type="checkbox"/> Flowering plant
		<b>Free</b>		
<input type="checkbox"/> Star-shaped	<input type="checkbox"/> Bird		<input type="checkbox"/> Makes you smile	<input type="checkbox"/> Baby plant
				
<input type="checkbox"/> Insect	<input type="checkbox"/> Fruiting plant	<input type="checkbox"/> White leaf	<input type="checkbox"/> Small mammal	<input type="checkbox"/> Penny-sized
				
<input type="checkbox"/> Smells good	<input type="checkbox"/> Climbing animal	<input type="checkbox"/> Lizard	<input type="checkbox"/> Multicolored	<input type="checkbox"/> Animal tunnel

# Bird Bingo

Look high and low for these birds that we commingly see in the Garden.



■ Black Phoebe



■ Dark-eyed Junco



■ Anna's Hummingbird



■ Acorn Woodpecker



■ American Crow



■ Spotted Towhee



■ Red-tailed Hawk





■ California Scrub Jay



■ House Finch

# Sensory Bingo

Use your senses to find something outside that...

				
<input type="checkbox"/> Smells minty	<input type="checkbox"/> Has a pattern	<input type="checkbox"/> Is singing	<input type="checkbox"/> Feels hairy	<input type="checkbox"/> Is buzzing
				
<input type="checkbox"/> Is being quiet	<input type="checkbox"/> Feels rough	<input type="checkbox"/> is multi-colored	<input type="checkbox"/> Smells woody	<input type="checkbox"/> Looks circular
		<b>Free</b>		
<input type="checkbox"/> Smells bad	<input type="checkbox"/> Is chirping		<input type="checkbox"/> Sounds low pitched	<input type="checkbox"/> Feels prickly
				
<input type="checkbox"/> Feels bumpy	<input type="checkbox"/> Is heart-shaped	<input type="checkbox"/> Has a rhythm	<input type="checkbox"/> Smells sweet	<input type="checkbox"/> Looks gray
				
<input type="checkbox"/> Feels hard	<input type="checkbox"/> Smells strongly	<input type="checkbox"/> Feels soft	<input type="checkbox"/> Is whistling	<input type="checkbox"/> Looks like a star

# Activities

## Journal Activities

- Journaling Basics
- Meet a Tree
- Sound Map

*Writing materials required*

## General Activities

- Sit Spot
- Rainbow Chips\*
- Nature Sculptures
- Soil Exploration

*\*Materials required*





# Journaling Basics

Nature journals are the perfect exploration tool to deepen your investigations. Use the tips below to enhance your journaling experience.

## Exploration Prompts

Run through these prompts and note what comes up:

**I Notice:** Use all your senses to record everything you notice. Add both qualitative and quantitative data for a variety of observations.

**I Wonder:** What questions come up in your investigations? Can you dive deeper to discover possible answers?

**It Reminds Me Of:** Does a smell remind you of a place or have you seen something similar before? Connect your observations to past experiences to strengthen the memory.

## Possible Activities

- Compare two objects
- Make a map
- Zoom in close on an object, then zoom out
- Make a list of the plants and animals you encounter

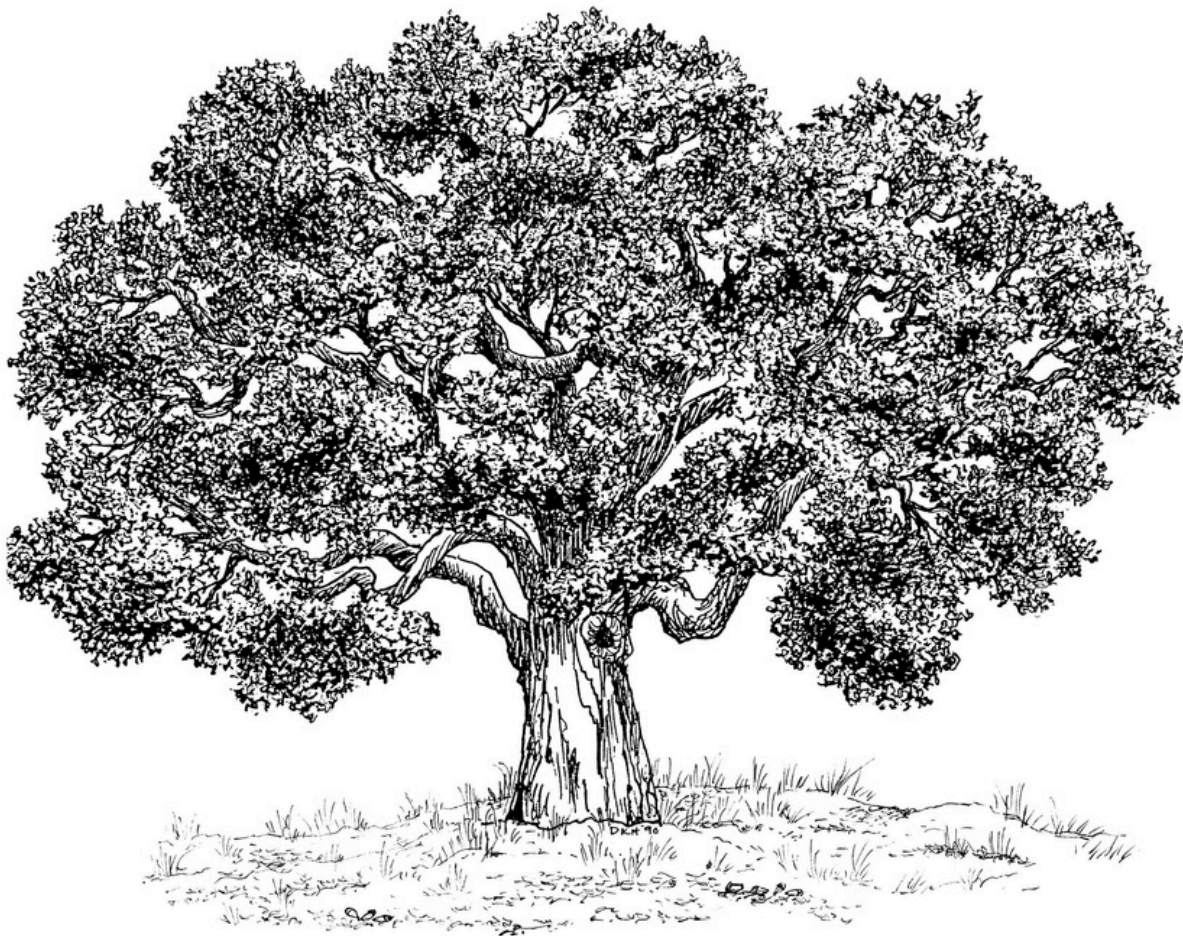


# Meet a Tree Journaling

Trees support an abundance of life. Find a tree in your backyard, neighborhood, or local park that you will be able to visit often.

Spend a few minutes exploring your tree. What do you notice about it? Use your senses and observe how it smells, feels, and what sounds you are hearing around it. What sort of wildlife are you seeing? Make a sketch of your tree to add observations to.

Continue to add observations to your journal the next time you visit your tree. How has the tree changed since the last time you saw it?



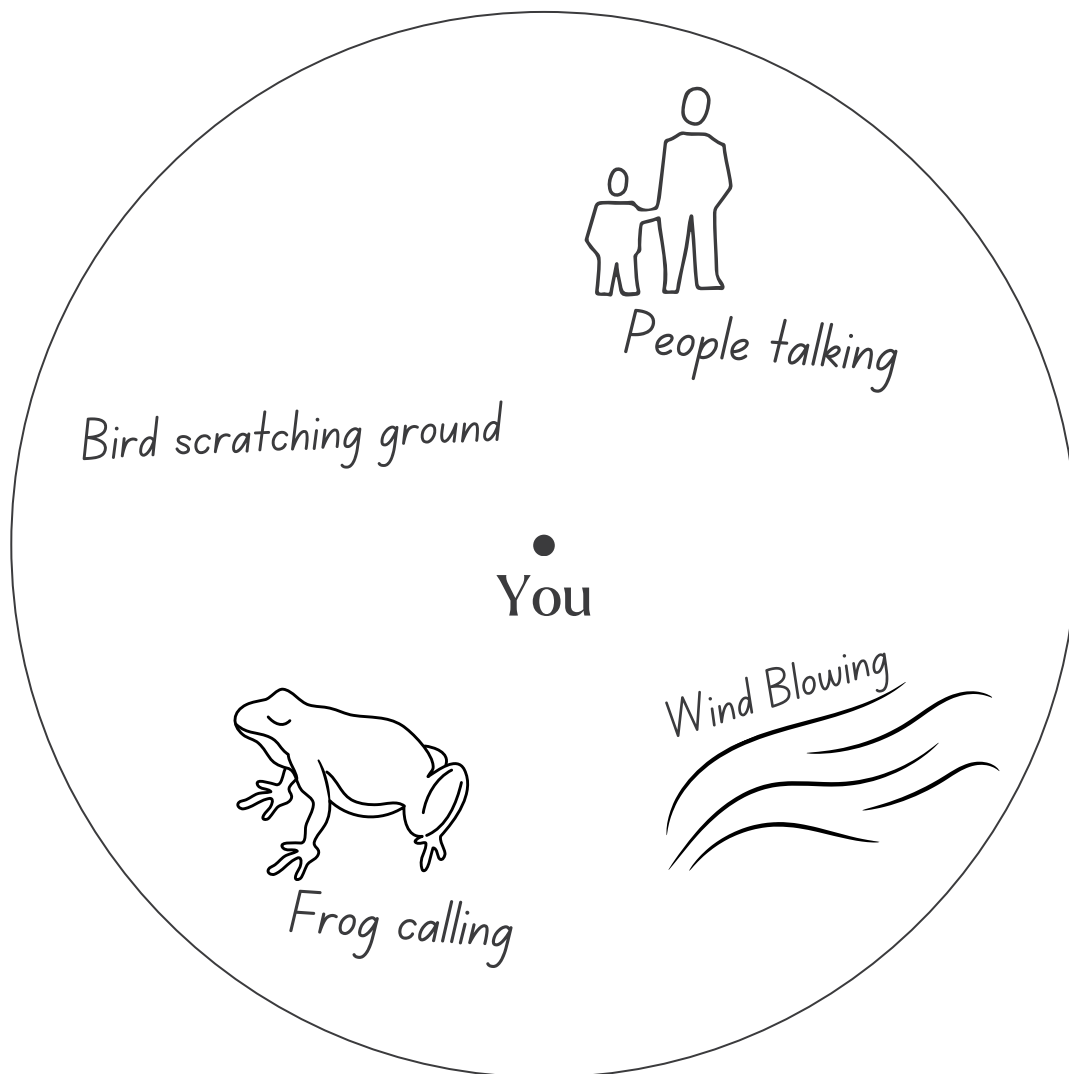




# Sound Map

Find a comfortable spot to sit silently. Listen to all the noises around you. What direction are they coming from? How far away are they?

Imagine that you are at the center of a circle. Use pictures, symbols and words to mark them on on your map. How are the sounds related to one another?





# Sit Spot

Have participants spread out and find their own sit spot in nature. Have participants or a facilitator run through these prompts, allowing for at least 2 minutes between prompts:

## Sit Spot Facilitation:

Start by noticing what you feel. Can you feel the weight and gravity pulling you close to the earth?

Let your skin take everything in. Notice the temperature on your arms and the breeze on your face. How does the sunlight feel?

What are your ears taking in? Do you hear the wind rustling the trees or the chirping of birds? What are they saying?

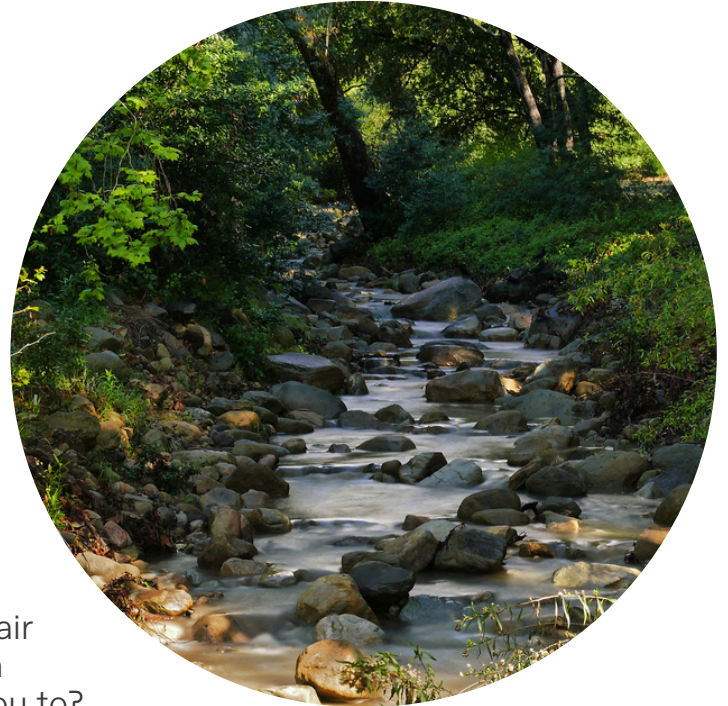
Let your nose take in this place. Feel the air enter your nostrils. Do the trees give off a smell? Where does this smell transport you to?

What do you see? Zoom wide and soften your gaze to take in the entire place. What are the contours of the landscape? The colors in your gaze?

Zoom in and focus on one thing. Let your eyes notice all the details. How is this thing unique?

Consider how long this place has looked the way it does. How may it have looked yesterday? 100 years ago? 10,000 years ago? Let yourself wonder what this place may be after you leave it.

As we wrap up, give thanks for this place in the way you know how. As we continue today and walk from this place, remember this feeling and that you are still connected to this place.





# Rainbow Chips

The world is full of beautiful colors and shapes! Create a set of Rainbow Chips to help provide visual prompts for exploration.

## Materials

- Colored construction paper
- Scissors
- Hole punch
- String or ring
- Stencil or pencils to outline shapes

## Directions

1. Use scissors to cut out a variety of shapes from your colored paper
2. Use the hole punch to stamp a hole into each chip
3. Connect the chips by looping them through your ring or some string
4. Select one of the items on your ring and see if you can find something that matches either the shape or color.
5. Repeat until you have gone through each item on your loop.

## At the Garden

Draw a chip and use the shape and/or color as exploration prompts.

Discuss why an object may look the way it does.





# Nature Sculptures

Nature sculptures are made entirely of natural materials and will fade back into the environment.

How to respectfully collect natural materials:

- Ask permission – does it feel like you’ve been giving permission back?
- Move slow and look deeply
- Choose quality over quantity - only pick things that “call” to you
- Leave at least 2/3 of any part of the plant (flower, leaves, etc.)
- Give thanks!

Collect your materials, clear a space and let your creativity soar!





# What's in the Soil?



Search for invertebrates under leaf litter, logs and rocks to discover the hidden world found within our soil!

## Things You Might Find

- Roly Polys
- Earwigs
- Spiders
- Centipedes
- Ants
- Sprouts
- Seeds
- Leaves
- Salamanders



## Soil Exploration Challenge

Find six different things in the soil and draw findings below.
