

FIELD TRIPS TO FARMS + GARDENS

Activities for kids that encourage learning, play, and curiosity

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Working Food | Gainesville, Florida



Having young people on the farm or at a community garden is a great way for them to experience the wonders of food and nature. In this guide, we provide some of our favorite go-to activities that work well for facilitating learning and exploration at farms and gardens. While it's helpful if kids are familiar with some basic biology concepts or have prior exposure to farms and gardens, it's not a requirement at all!

These plant-based activities are easy to adapt for **therapeutic horticulture programs**. With support from a trained practitioner, tasks can be adjusted using different tools, setups, or instructions to match each person's needs and abilities. The chart at the end of this document provides more detail, and additional resources are listed at the end.

These activities are adaptable to the many variables you may encounter during on a field trip, including age range, ability, number of adult supervisors, prior knowledge of the material, and comfort at farms. **Being ready with a variety of activities is always helpful, especially with younger groups.** Transitioning between high energy and low energy activities, or between deep thinking and playful tasks, will keep everyone engaged both mentally and physically. Flexibility is key—read the room! If something isn't working, move on. If the group is really engaged and curious, let the activity run its course instead of moving on to the next thing.

When coordinating with field trip groups, **be sure there is a good adult to kid ratio** so that you can focus on content and discovery, while the other adults can focus on keeping kids attentive and safe.

These activities assume you have enough understanding of growing and biological processes like seed development and pollination, but **it never hurts to brush up if you're feeling rusty!**

GREETING AND GROUNDING ACTIVITIES

Starting the day with **connection and clear boundaries** will help everyone feel comfortable and focused. For kids who have never been to a farm or garden, the experience may feel overwhelming—either intimidating, scary, or just super exciting!

In the first few minutes of gathering the group, cover some “housekeeping” topics:

- Introduce the farmers and staff.
- Have the kids share their name, grade, and school.
- Explain important farm rules—such as restroom locations, areas that are off-limits, and behaviors to avoid. We've found it helpful to set up recognizable objects ahead of time that are off limits, or create physical boundaries and barriers to places they shouldn't explore.
- Depending on the farm/garden size and group size, a quick tour may be helpful.

It's also helpful to have a cozy home base established -a place to return to after various activities, or a spot for anyone who needs to sit out for a while. Name tags are helpful, and masking tape and Sharpie work well if you don't want to buy special tags. **Sharp Eyes** and **What's Around Us?** are quick icebreaker activities to try after introductions and boundaries have been established. They are intended to produce feelings of comfort and connection to this place and each other, and maybe a little laughter and silliness!



1. Sharp Eyes

Age range: K-12

A chance for silliness, laughter, and connection to one another through **close observation of subtle details**. This skill translates to what is observed in the natural world, and in our gardens and farms, and what's needed in science.

Activity goals: attention, concentration, observation, memory enhancement, problem solving, communication.

1. Kids from two lines facing each other, each kid should directly be facing another in the opposite line.
2. Kids take time to closely observe each other, noting as many details as possible: clothing color, jewelry, hair, shoelaces etc.
3. After enough time to make observations, kids turn away from each other and change one thing about their appearance i.e. untying a shoelace, unbuttoning a sleeve, moving a ring to a different finger. Encourage them to do something subtle.
4. Kids turn back around to face each other. Can they tell what changed in their partner's appearance?
5. Allow kids to repeat the activity several times. Can they make changes so subtle their partner can't guess?
6. Alternatively, the pairs of kids can observe a hedge, tree, building or other object carefully together, and then take turns each secretly adjusting something subtle and seeing if their partner can identify it. No breaking branches, picking flowers etc. unless permitted.

For discussion: What sense was important in this observation activity? How did you figure out what the changes were? Which ones stumped you? What changes might be observed on a farm or garden that are important to notice? (Hint: sick plants, new seedlings emerging, sprinklers leaking, bug damage, leaning plants etc.).

Lesson adapted from The Growing Classroom.

2. What's Around Us?

Age range: K-12

A chance for brief moments of quiet observation, tuning into what's around us through senses other than vision, which is commonly dominant. This brief introductory activity also **provides connection to place by slowing down** a moment to notice it. **Activity goals:** attention, concentration, mindfulness, relaxation, memory, recall, sensory awareness, communication, shared experience.

1. Have everyone sit quietly in a circle and invite them to close their eyes.
2. Take three deep breaths.
3. Every time they hear a sound, they should raise their hand, but keep their eyes closed.
 - Sounds might include a car passing, a plane overhead, birds, or wind through the trees.
4. End the activity when it feels right, which may be less than two minutes.
5. Invite them to open their eyes and share what they heard. Use prompts if they're shy or hesitant. For example:
 - Who heard the airplane? Was it close or far away?
 - Did anyone hear that rooster?
 - What do you think the crows were saying?



MIX AND MATCH ACTIVITIES

These activities can be enjoyed individually or sequentially, depending on the group's preferences and dynamics. It's always best to have more activities ready to go, and not end up needing them all. Timing and group interest can impact the best laid plans, so have a few tricks up your sleeve!

3. Scavenger Hunt + Bingo

Age range: K-12, adapt based on age and existing familiarity with subjects.

Activity goals: attention, concentration, problem solving, strategy, memory, recall, categorization, organization, motor skills, hand-eye coordination, mobility, multi-sensory engagement.

Supplies:

- Printed bingo/scavenger hunt sheets (one per child or group).
- Pencils.
- Clipboards.
- Paper lunch bags for collections (optional).

Activity: This activity can be customized based on your farm, garden, and the season. For younger or less experienced kids, keep it simple and ensure there are adults to help guide them through the activity. If they're older or more knowledgeable, make it more challenging or independent. Consider setting up markers ahead of time so the kids know where to look. If you allow them to collect items, demonstrate what's acceptable. Kids love collecting, and simple paper lunch bags work well for this.

Tip: Review the scavenger hunt card before venturing out to offer helpful hints. It might be overwhelming to know where to look for specific things. Templates are provided in the Appendix.



4. Easy Accordion Nature Journals

Age range: K-12, adapt based on age and existing familiarity with subjects.

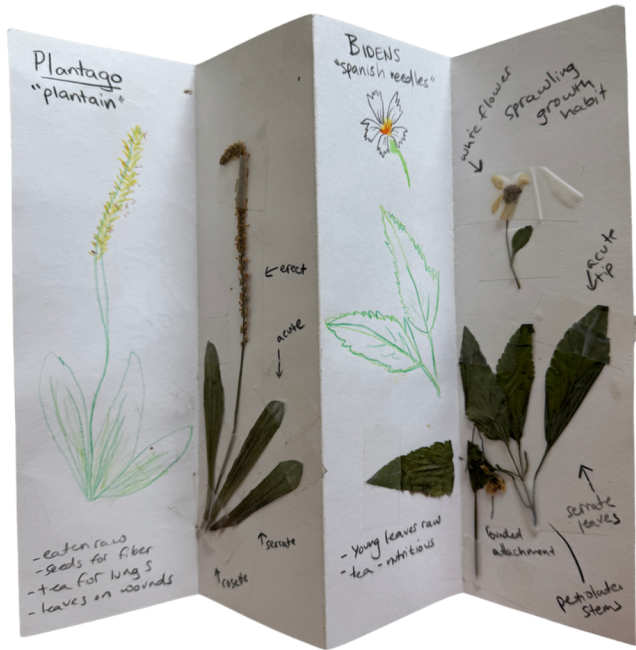
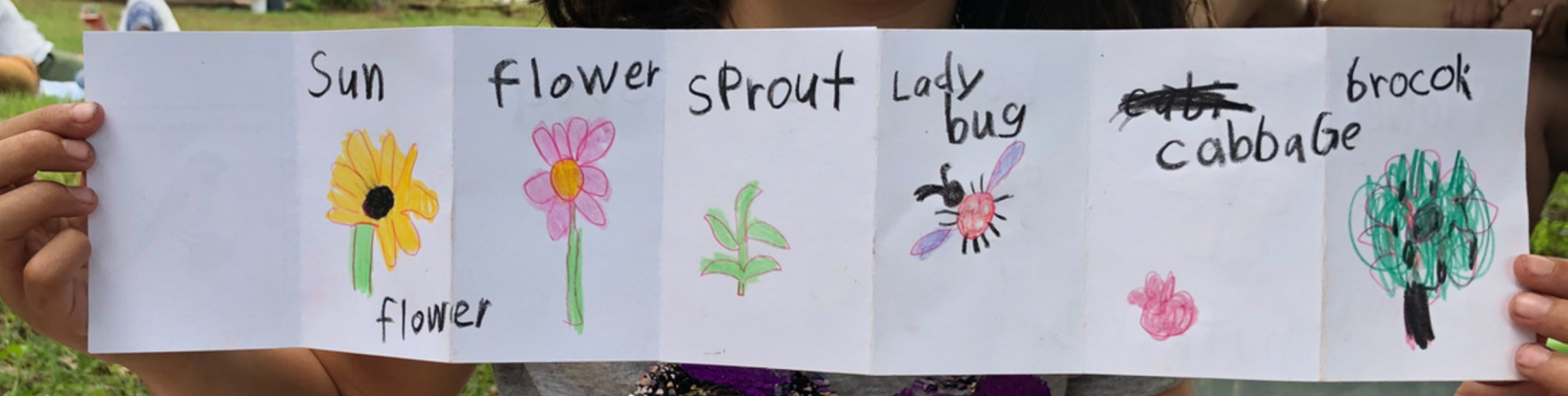
This easy craft activity can follow a collection adventure from a scavenger hunt. You can also supply items gathered ahead of time. Small, flat items like petals, seeds, moss, dead insects, and leaves work best. **Activity goals:** memory, recall, organization, creativity, planning, motor skills, hand-eye coordination, grip strength/control, multi-sensory engagement, communication, pride, accomplishment.

Supplies:

- Card stock paper regular 8.5x11" size.
- Clear scotch tape and/or white glue (sometimes gets messy depending on age).
- Collected items from nature, ideally flat for easier gluing and taping.
- Pencils, markers, colored pencils, stickers, etc. (keep it simple or make it more elaborate based on the group).

Activity:

1. Fold the card stock into thirds to create a simple accordion journal.
 - Option 1: fold into thirds. 2.75" spacing marks can be made lengthwise to help guide the fold. It should collapse into a small trifold.
 - Option 2: for smaller pages and a longer accordion chain (which is more fun!), cut in half lengthwise, fold each piece into thirds, then tape ends together, turning two accordion books into one long one.
2. Decorate the cover page with the nature observer's name, date and collection site info (farm/garden name, date of collection).
3. Tape found objects onto the pages. Accompany each with a little description.
4. For inspiration, prepare an example journal in advance.



5. Leaf It!

Age range: K-12

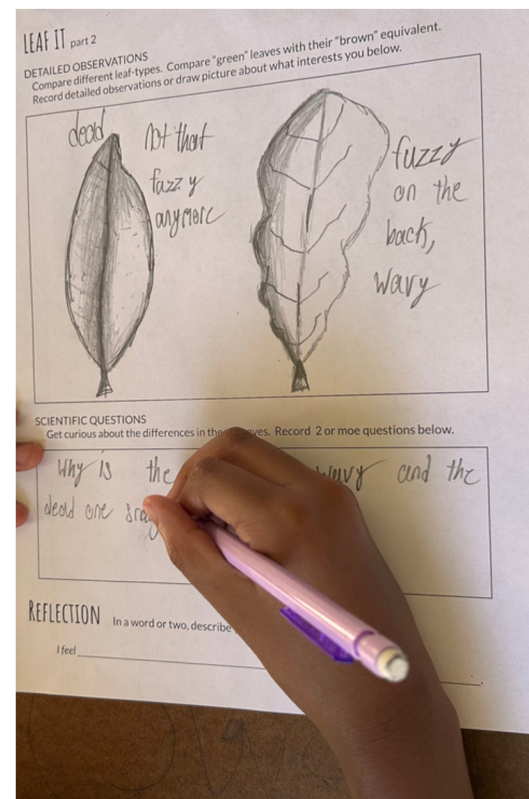
This activity **encourages tuning into observational skills** other than visual which is most used. This may seem challenging, but you'd be surprised what kids are capable of, and how much they enjoy it! **Activity goals:** memory, recall, concentration, problem solving, pattern recognition, multi-sensory engagement, communication.

Supplies:

- Gathered leaves of different types, ages, sizes. Other found natural objects can work as well including rocks, and twigs.
- Optional worksheet in the Appendix.

Activity:

- Ahead of time, mark the first set of leaves in an inconspicuous way (i.e. a dot or X with marker) to keep track of the different sets of leaves.
- Blindfolded and without breaking a leaf, spend time touching and smelling and listening to the sounds of touching a leaf (from the first set that has been marked). Then set it down.
- Eyes still blindfolded, add several new leaves to the pile. Touch, smell, and listen to each leaf until the original is found. Hold it up.
- An adult or other kid that was observing confirms if they are correct.
- An optional activity is to draw and describe different leaves in as much detail as possible, using the worksheet provided, or make your own.



Worksheet made by Dr. Chloe Winant, Howard Bishop Middle School Gainesville, Florida

6. Plant Yoga

Age range: K-5, but any age will enjoy it.

No supplies needed. Just your imagination for this simple exercise that requires no yoga knowledge or experience! This short activity is a good one to kick off a field trip, or a good transition/calming activity between others. **Activity goals:** visualization, imagination, mindfulness, focus, motor skills, balance, body awareness, sensory awareness and control, group cohesion, unity.

Activity: Gather everyone in a circle and invite them to use their imaginations, to become a plant growing from seed to seed! Share the following prompts to kick off the seed cycle. Feel free to modify the prompts as you see fit, going with the flow! For older students familiar with plant biology, you can use the words italicized below.

1. We start out small like a sleeping seed in the soil, just waiting for the right time to grow! (Squatting down, hugging our knees to our chest, eyes closed). **DORMANCY**
2. We start feeling the rain soaking the soil, and the sun shining down warming it up. This starts waking us up. (Start jiggling around a little, wiggle toes and fingers, and then our whole bodies just slightly.)
3. We are even more awake now as it keeps raining and the sun keeps shining bright. It's time to grow! (Keep wiggling and moving, slowly standing up.)
4. Our seed coats are coming off, we're growing roots into the ground, and leaves up to the sky. We can wiggle around but we can't move from this spot as our roots grow, grow, grow! (Wiggle and wave our leaves around, shake our legs as the roots grow, but no walking away!). **GERMINATION**
5. The sun feels good, we tilt our faces and arms towards it, soaking up the sun and turning the light energy into energy for our bodies to grow, grow, grow! (Face and arms up to the sun in a gesture of love and excitement with all the sun energy flowing through us, even if it's a cloudy day there is still light). **PHOTOSYNTHESIS**
6. Whoa the wind! It's blowing us all around but we can't move because our feet/roots are grounded in place! But we can bend and jiggle as the wind blows us around! (Act silly, moving around in the wind but not out of our rooted place.)
7. We're feeling happy, strong, and big now with all the sun, rain, and good soil. The worms and other soil creatures are tickling our roots and helping us grow big enough to make flowers. (Toes wiggle being tickled by worms, hands open up into gestures of big flowers). **SOIL MICROBES**
8. Our flowers attract bees, we give them some of our sweet nectar made from the sun, water, and soil the Earth provided us. The bees carry our pollen away to another flower just like us. (Move our flowers around, giggling, the bees tickle!) **POLLINATION**
9. Now that we've been pollinated we can make some seeds to grow next year, and to feed the birds and people. (Wiggle our bodies, create motions like kneading bread, rolling, building...as we work hard to make seeds).
10. Now that we've made our seeds it's time to toss them to the wind so they can fly away to somewhere new and grow. (Throwing motions to the wind, still firmly rooted not moving our feet!) **DISPERSAL**



7. Seed Grab Bag

Age range: K-12, adapt types of questions and observations based on age and knowledge.

Supplies:

- Assorted unwanted seeds (discount, bulk, old, or foraged seeds. More variety is better).
- Blankets or benches that allow everyone to sit in a circle and be able to hear each other.
- Optional egg crates or other sorting containers, and magnifying glasses.

Activity: Place all the seeds in a large bowl or bucket at the center of the circle. Invite the kids to gather around and run their hands through the seeds. Next, have them close their eyes and select one seed before returning to their place in the circle. Invite them to take turns sharing their observations, encouraging them to discuss the shape, color, size, and texture of their seed. They can also try to guess what type of plant the seed might grow into based on hints. Ask questions like: Who has the smallest seed? The largest? The prettiest? The most unusual?

Activity goals: observation, description, comparative analysis, memory, critical thinking, multi-sensory engagement, turn taking and listening, communication, team-building.



8. Searching for Seeds

Age range: K-12

In this activity, kids get a chance to explore different plants and discover where the seeds are by taking them apart! It can get messy depending on what you provide and how old the kids are! **Activity goals:** observation, analysis, critical thinking, problem solving, multi-sensory engagement, group collaboration, communication, sharing.

Supplies:

- Plant materials with seeds, such as peppers, strawberries, watermelons, okra pods, bean and pea pods, dandelion seed heads, cucumbers and anything else you can think of.
 - Many fruits and vegetables from the grocery store, as well as from your farm and garden, contain seeds, even if they are immature.
 - Wild plants and weedy edges may also have seeds, depending on the season.
- A blanket or table for exploration that can get dirty and messy.
- Safe knives (if needed) for cutting open fruits and vegetables.
- A place to wash sticky hands afterwards.

Activity: Invite kids to open up fruits and vegetables (one at a time with supervision) to help answer the questions:

- Where are the seeds?
- What do they look like?
- How do seeds get to where they can grow? The seed itself may reveal its secret! Do people and other animals eat them, then spit or poop them out? Maybe they look light and fluffy like they could blow on the wind. Maybe they stick to fur, feathers, or pant legs?!

9. Pollination Game

Age range: K-12

This fun game teaches kids about pollination through toss and relay activities! Kids will experience the difference between wind pollination (inaccurate, hard to find the target) and insect pollination (more efficient and targeted).

Activity goals: conceptual understanding, comparison, analysis, problem solving, multi-sensory engagement, motor skills, agility, speed, team work, collaboration, communication, peer support.

Supplies:

- Two objects that make a large circle on the ground like hula hoops or rope, that will represent flowers.
- Several bean bags or lightweight balls that won't hurt anyone when thrown (ideally one for each child, or at least four—two for each team). These represent pollen grains. Balled up yellow construction paper will also work.

Activity: Set up hoops on the ground, one for each team. Depending on the age of the group, adjust the distance of the hoops from the throwing start point—closer for younger kids, but not too easy! Divide into two teams.

Wind pollination

First we start by imagining that we are flowers, blowing our pollen on the wind and hoping to land on the right kind of flower to pollinate it. Have one kid at a time from each team toss the ball or bean bag (pollen) into their team's hoop (flower). Let everyone get a turn to toss and note how often the pollen makes it to the flower. You can keep score or just play for fun. It's probably hard even though we can direct our throws, unlike pollen on the wind that blows wherever the wind takes it, hoping to land on the right kind of flower! How does this work for plants if it seems so hard? Hint - they make lots and lots of it! Have they ever noticed when it's "pollen season" and cars, sidewalks and buildings are covered in pollen?

Insect pollination

Gather up the bees, beetles and butterflies (the kids!). Buzz and flap around a few seconds, then stand in a line on their team's side. Have one insect from each team run with one pollen grain (bag or ball) to the center of their team's flower. After dropping it off, they can run back and high-five the next insect in line, who then grabs the pollen and runs it to the flower. If you don't have enough bags for each kid, treat this as a relay where they pass the pollen off instead. A winning team can be determined, or you can play just for fun.

Discuss what they noticed about this mode of pollination: it was easier, more targeted, and likely resulted in more successful pollen transfers. This efficiency is why flowers evolved to attract pollinators. But it also depended on insects being around. What if there were none? When pollination is successful, it leads to fruits, seeds, and food.



10. Pollinator Pathways Art

Age range: K-12

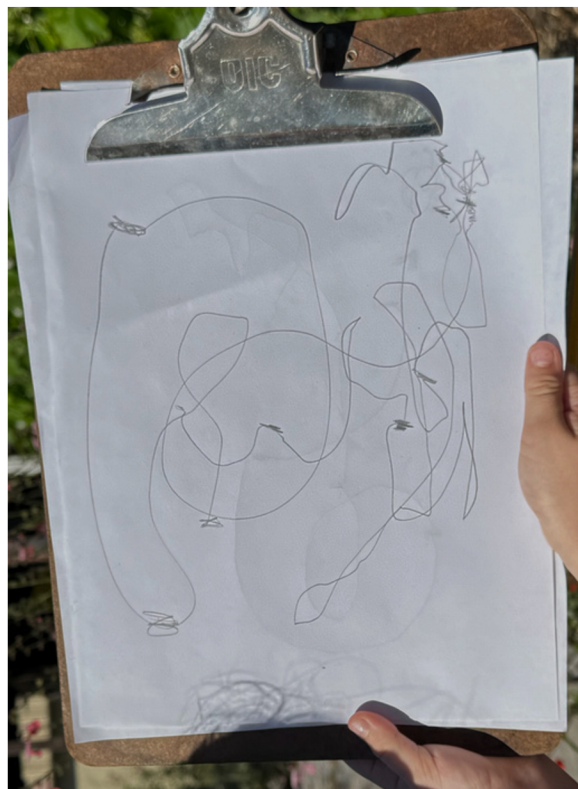
This simple, meditative art activity encourages kids to carefully observe a single insect and follow its flight path for as long as they can. Through this, they may notice details often overlooked: how the insect flies, which flowers it visits, how it feeds, and the sounds it makes. For this activity to work, ensure there's a good patch of flowers with active pollinators. Ideal flowers include brassicas, flowering mints, basil, cilantro, parsley, dill, anise hyssop, buckwheat, zinnias, cosmos, goldenrod, bee balm, bidens, asters, and others based on your location. It's best to scout ahead to confirm a suitable area. Keep in mind that while inclement weather may deter some bees, many native pollinators will remain active. **Activity goals:** creative expression, pride, spatial awareness, problem solving, pattern recognition, multi-sensory engagement, fine motor skills, hand-eye coordination, dexterity.

Supplies:

- Blank paper, bigger is better but any size will do.
- Clipboards or firm backing for the paper.
- Pencils or pens.
- Chairs or blankets to create somewhere to sit comfortably for at least a few minutes.

Activity:

1. Set up the chairs or blankets in a spot with a clear view of pollinator activity. Space them out to minimize distractions and encourage focus.
2. Explain to the kids that staying calm and still will prevent bees, butterflies, or wasps from bothering them. Take three deep breaths together.
3. Encourage them to observe the flowers and choose a pollinator to focus on until they disappear out of sight. With pencil in hand, trace the insect's movement on paper without looking at the paper. For example, if the insect hovers over one flower, the lines might look like a tight squiggle. If it loops to the right, the pencil follows with a looping line to the right.
4. Keep drawing until the insect flies out of sight. The same paper can be used for multiple pollinator pathways using different colored pencils (option to make a key/legend at the bottom), or start a new sheet for each one.
5. Afterward, have them label their work (i.e. Honeybee on Goldenrod, September 30, 2024, Nicoya Farm).
6. Invite the kids to share their drawings and observations. Ask questions like: What kind of insect did they follow? How did it behave? Was it fast or slow, noisy or quiet?
7. If time allows or during a follow-up session, kids can add colors and extra details to their drawings, creating whimsical interpretations of the insects' flight paths.



11. Seed Harvest + Seed Packet Making

Age range: K-12

If your garden or farm has plants going to seed, this is a fun, hands-on activity for kids to harvest seeds directly from the plants. It can be wildflowers, weeds, or any crops you're okay with them harvesting. Dry seeds, like those from okra, beans, peas, herbs, and flowers, are ideal since they don't require washing or drying before packaging. If you are up for more of an adventure - tomatoes, peppers and squash are easy and fun (but messier!) **Activity goals:** conceptual understanding, thinking, planning, memory, recall, multi-sensory engagement, fine motor skills, hand-eye coordination, organization, collaboration.

Supplies:

- Seed collecting containers (cups, baskets, paper bags).
- Coin envelopes or paper to fold DIY seed packets. Origami packets can be made, or just simple folds with tape will do!
- Pencils, markers, colored pencils, stickers (keep it as simple or creative as desired).

Activity:

1. Demonstrate how to gently harvest seeds from the plant. Supervise the harvest into the provided containers.
2. Bring the seeds back to a central location, and if needed, help them remove seeds from pods or husks.
3. Decorate and label seed packets with the plant type, scientific name (if known and appropriate for the age group), date harvested, and the name of the farm or garden.
4. Use this opportunity to discuss how plants produce so many seeds. Ask the group: How many seeds do you think we collected from just one plant? Could one basil plant give us 2,000 seeds? Imagine if we shared these seeds—how many basil plants could grow in the world? What if we sold the seed packets for \$5 each—how much money could we make? Remind them of the importance of caring for such generous plants.

Tip: If you collect dry seeds ahead of time like beans or cowpeas and have enough for everyone to shell for several minutes, this activity alone stimulates great energy and conversation. Everyone seems to enjoy time spent together, rhythmically sorting. It's a good time to prompt some conversations, but also great to just let the kids chatter and enjoy using their hands while socializing.





Nature Bingo

see if you can find...

2 differently
shaped flowers

A seed or
seed pod

A blade of
grass

2 differently
shaped leaves
from a living
plant

Anything
pretty that
catches your
eye!

A plant with a
strong smell

Part of an
(already dead!)
insect, or a
feather

A dead leaf
with a shape
you like

Something that
will
decompose

Remember to practice The Honorable Harvest



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Guidelines for The Honorable Harvest
by Robin Wall Kimmerer

Ask permission of the ones whose lives you seek. Abide by the answer.

Never take the first. Never take the last.

Harvest in a way that minimizes harm.

Take only what you need and leave some for others.

Use everything that you take.

Take only that which is given to you.

Share it, as the Earth has shared with you.

Be grateful.

Reciprocate the gift.

Sustain the ones who sustain you, and the Earth will last forever.

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LEAF IT

DETAILED OBSERVATIONS

Compare different leaf-types. Compare “green” leaves with their “brown” equivalent. Record detailed observations or draw pictures about what interests you below.

SCIENTIFIC QUESTIONS

Get curious about the differences in these leaves. Record 2 or more questions below.

Activity Goals and Benefits for Each Farm Field Trip Activity

Activity	Cognitive	Sensory	Social	Physical
1.Sharp Eyes	<p>Attention & Concentration: Focusing intently on observing another person or natural element requires strong attention skills.</p> <p>Memory Enhancement: Remembering details about what the other person (or object) looked like before and comparing it after.</p> <p>Problem-Solving Skills: Analyzing subtle differences and logically deducing what has changed.</p>	<p>Visual Stimulation & Discrimination: Visually noticing fine details and slight changes.</p> <p>Proprioception: Awareness of body positioning when making subtle changes to one's own appearance.</p> <p>Observation Skills: This skill translates directly to carefully observing nature, identifying changes in plants, pests, and growth over time.</p>	<p>Collaboration & Communication: Working with a partner to create a playful, shared experience.</p> <p>Connection & Empathy: This game fosters connection through laughter, shared discovery, and collaboration.</p> <p>Building Trust & Playfulness: Encouraging silliness and subtlety makes the activity fun and engaging, which strengthens social bonds.</p>	<p>Fine Motor Skills: Moving the body and grasping objects to make subtle changes.</p>
2.What's Around Us?	<p>Attention & Concentration: Sustaining focus while tuning into sounds without visual distractions.</p> <p>Mindfulness & Relaxation: Practicing being present and aware of the environment through calm observation.</p> <p>Memory & Recall: Recalling sounds heard and sharing them with the group during discussion.</p>	<p>Auditory Discrimination: Differentiating between various sounds and identifying their sources.</p> <p>Sensory Awareness: Enhancing awareness of the environment by tuning into less dominant senses.</p>	<p>Communication Skills: Describing sensory experiences and engaging in group discussions.</p> <p>Building Empathy & Curiosity: Encouraging participants to imagine what animals or environmental sounds are communicating.</p>	<p>Body Awareness & Control: Practicing stillness and control of the body.</p>

Activity	Cognitive	Sensory	Social	Physical
3. Scavenger Hunt and Bingo	<p>Attention & Concentration: Focusing on the scavenger hunt sheet and remaining aware of surroundings to find listed items.</p> <p>Problem-Solving & Strategy: Planning routes, prioritizing items, and deciding how to approach the hunt.</p> <p>Memory & Recall: Recalling what items look like based on descriptions or pictures.</p> <p>Categorization & Organization: Sorting items or checking them off on a bingo card.</p>	<p>Visual Discrimination: Identifying specific items among similar-looking plants, leaves, or objects.</p> <p>Tactile Stimulation: Handling leaves, rocks, or other natural objects (if collection is allowed).</p> <p>Olfactory Stimulation: Noticing scents from flowers, herbs, or soil during the hunt.</p> <p>Multi-Sensory Integration: Combining sight, touch, smell, and hearing to find items.</p>	<p>Collaboration & Teamwork: Working together in groups or pairs to complete bingo sheets.</p> <p>Communication Skills: Sharing discoveries and providing clues to others.</p> <p>Sense of Achievement: Completing the bingo or scavenger hunt sheet, boosting confidence and satisfaction.</p>	<p>Gross Motor Skills: Walking, bending, reaching, and exploring the environment.</p> <p>Fine Motor Skills: Picking up small objects and marking items on the sheet.</p> <p>Hand-Eye Coordination: Collecting items and placing them in bags.</p> <p>Endurance & Mobility: Encouraging movement across various terrain and distances.</p>
4. Nature Journals	<p>Memory & Recall: Documenting collected items and recalling details to write down.</p> <p>Organizational Skills: Arranging objects logically in the journal.</p> <p>Creativity & Expression: Designing the journal's appearance and personalizing pages with descriptions and decorations.</p> <p>Planning & Sequencing: Following steps to create the journal, from folding paper to gluing and labeling.</p>	<p>Tactile Stimulation: Handling different textures such as leaves, petals, seeds.</p> <p>Visual Discrimination: Noticing the details of collected items and creatively displaying them.</p> <p>Multi-Sensory Integration: Combining touch, sight, and even smell in the journaling process.</p>	<p>Sharing & Collaboration: Discussing findings with peers, sharing journals, and admiring each other's work.</p> <p>Communication Skills: Writing descriptions of objects and explaining their significance to others.</p> <p>Sense of Pride & Accomplishment: Displaying completed journals and receiving positive feedback.</p>	<p>Fine Motor Skills: Cutting, folding, taping, gluing, and writing/drawing on small surfaces.</p> <p>Hand-Eye Coordination: Placing collected items and drawing around them accurately.</p> <p>Grip Strength & Control: Using pencils, markers, and other art tools to decorate pages.</p>

Activity	Cognitive	Sensory	Social	Physical
5. Leaf It!	<p>Memory & Recall: Remembering the details of the original leaf and comparing it to the others.</p> <p>Attention & Concentration: Staying focused without the aid of vision.</p> <p>Problem-Solving Skills: Analyzing various leaves to determine the original through the process of elimination.</p> <p>Pattern Recognition: Noticing subtle differences between leaves based on touch and sound.</p>	<p>Tactile Discrimination: Developing sensitivity to textures, shapes, and sizes through touch.</p> <p>Olfactory Stimulation: Noticing different scents associated with various natural objects.</p> <p>Auditory Discrimination: Recognizing subtle sound differences when handling leaves.</p> <p>Sensory Integration: Combining touch, smell, and hearing to identify objects without relying on sight.</p>	<p>Communication Skills: Describing sensory experiences and comparing findings with peers.</p> <p>Cooperative Play: Receiving feedback from others and encouraging shared discovery.</p> <p>Encouragement & Peer Support: Creating a fun and supportive environment for sensory exploration.</p>	<p>Fine Motor Skills: Picking up small objects and handling them gently to observe them.</p> <p>Dexterity & Control: Manipulating various textures during exploration.</p>
6. Plant Yoga	<p>Sequencing & Memory: Following the plant life cycle from seed to seed, performing each stage in the correct order.</p> <p>Visualization & Imagination: Engaging creative thinking by embodying a plant's journey and visualizing growth.</p> <p>Conceptual Learning: Understanding plant biology terms through physical representation.</p> <p>Mindfulness & Focus: Staying present and aware of the body's movements, enhancing concentration.</p>	<p>Proprioceptive Awareness: Developing body awareness by feeling stretches and muscle engagement during poses.</p> <p>Breath Awareness: Incorporating breathing exercises to enhance relaxation and mindfulness.</p> <p>Multi-Sensory Integration: Coordinating visual, auditory, and kinesthetic cues while participating.</p>	<p>Group Cohesion & Unity: Creating a shared experience where everyone participates in the plant cycle.</p> <p>Empathy & Connection: Encouraging participants to think about the life of a plant and relate it to their own growth.</p> <p>Encouragement & Support: Celebrating each person's creative interpretation and effort.</p>	<p>Gross Motor Skills: Engaging the body through variable movements.</p> <p>Flexibility & Strength: Improving range of motion by mimicking growth and stretching movements.</p> <p>Balance & Coordination: Transitioning smoothly between poses to represent various plant stages.</p> <p>Body Awareness & Control: Practicing intentional movement.</p>

Activity	Cognitive	Sensory	Social	Physical
7.Seed Grab Bag	<p>Observation & Description: Noticing details like shape, color, size, and texture of seeds.</p> <p>Comparative Analysis: Comparing seeds and categorizing based on their attributes.</p> <p>Memory & Recall: Trying to guess the plant type based on past knowledge or given hints.</p> <p>Critical Thinking: Making educated guesses about seeds through observation and discussion.</p>	<p>Tactile Discrimination: Feeling various textures of seeds, enhancing sensory perception.</p> <p>Visual Discrimination: Noticing differences in seed size, shape, and color.</p> <p>Multi-Sensory Integration: Combining touch, sight, and sound to form a holistic understanding of seeds.</p>	<p>Turn-Taking & Listening: Allowing everyone a chance to share their seed and observations.</p> <p>Communication Skills: Describing seeds with detailed vocabulary and engaging in group discussion.</p> <p>Team-Building: Creating a fun, low-pressure activity that fosters social interaction and cooperation.</p>	<p>Fine Motor Skills: Picking up small seeds and handling them gently.</p> <p>Hand-Eye Coordination: Selecting seeds from the bowl and examining them closely.</p> <p>Relaxation & Sensory Comfort: Running hands through seeds can be soothing and enjoyable.</p>
8. Searching for Seeds	<p>Observation & Analysis: Closely examining fruits and vegetables to locate seeds and describe their appearance.</p> <p>Critical Thinking & Inference: Drawing conclusions about seed dispersal methods based on shape, size, and texture.</p> <p>Conceptual Learning: Understanding plant reproduction and how seeds travel to new locations.</p>	<p>Tactile Stimulation: Feeling the textures of seeds, fruits, and vegetables.</p> <p>Visual Discrimination: Identifying seeds by appearance, shape, and size.</p> <p>Olfactory Stimulation: Noticing scents from cut fruits and vegetables.</p> <p>Multi-Sensory Integration: Combining touch, sight, and smell to enhance understanding.</p>	<p>Group Collaboration: Working with peers to compare findings and share observations.</p> <p>Communication Skills: Describing discoveries and explaining reasoning about seed dispersal.</p> <p>Empathy & Perspective-Taking: Learning about seeds' role in ecosystems and how they interact with animals, including humans.</p>	<p>Fine Motor Skills: Handling small seeds, cutting open fruits and vegetables.</p> <p>Hand-Eye Coordination: Carefully separating seeds from the rest of the fruit or vegetable.</p> <p>Dexterity & Control: Manipulating various textures and materials during exploration.</p>

Activity	Cognitive	Sensory	Social	Physical
9. Pollination Game	<p>Conceptual Understanding: Learning about two types of pollination (wind vs. insect).</p> <p>Comparison & Analysis: Comparing the success rate of pollen transfer between the two methods.</p> <p>Problem-Solving: Thinking about why flowers evolved to attract pollinators and what happens if there aren't any.</p> <p>Memory & Recall: Retaining knowledge about the pollination process and applying it to discussion questions.</p>	<p>Visual Tracking: Watching pollen grains (bean bags or balls) being thrown or transported.</p> <p>Proprioception: Feeling their body's movement and balance during running, tossing, and catching.</p> <p>Auditory Cues: Listening to buzzing sounds made by participants, which helps simulate pollinator activity.</p> <p>Multi-Sensory Engagement: Combining movement, sound, and visuals to reinforce learning.</p>	<p>Teamwork & Collaboration: Working with teammates to successfully pollinate flowers.</p> <p>Communication Skills: Sharing strategies and observations with peers.</p> <p>Peer Encouragement & Support: Cheering each other on during relay runs and successful throws.</p> <p>Empathy & Perspective-Taking: Understanding the challenges of pollination from a plant's perspective and appreciating the role of pollinators.</p>	<p>Gross Motor Skills: Running, throwing, catching, and relaying bean bags or balls.</p> <p>Hand-Eye Coordination: Aiming and tossing pollen grains accurately during.</p> <p>Agility & Speed: Moving quickly during the insect pollination relay.</p> <p>Endurance: Sustaining energy and focus through multiple rounds of gameplay.</p>
10. Pollinator Pathways Art	<p>Creative Expression: Designing colorful pathways that mimic how pollinators travel.</p> <p>Spatial Awareness: Understanding how pollinators move and their presence in shared spaces.</p> <p>Problem-Solving: Deciding how to depict pathways.</p> <p>Pattern Recognition: Identifying routes and behaviors of different pollinators (e.g., bees versus butterflies).</p>	<p>Visual Stimulation: Observing bright colors, textures, and shapes of flowers to create art.</p> <p>Tactile Engagement: Working with various art materials in an outdoor setting.</p> <p>Sensory Integration: Combining visual and tactile senses to create cohesive art pieces.</p>	<p>Communication Skills: Sharing ideas and discussing pollinator behaviors.</p> <p>Cultural Awareness: Considering the role of pollinators in various ecosystems and how different plants attract them.</p> <p>Encouragement & Sharing: Praising each other's creativity and uniqueness in the artwork.</p>	<p>Fine Motor Skills: Drawing and balancing a clipboard outdoors.</p> <p>Hand-Eye Coordination: Tracing a visual observation onto paper.</p>

Activity	Cognitive	Sensory	Social	Physical
11.Seed Harvest and Seed Packet Making	<p>Conceptual Understanding: Learning about plant reproduction, seed harvesting, and storage.</p> <p>Mathematical Thinking: Estimating seed quantities and discussing potential value or distribution.</p> <p>Critical Thinking: Understanding the importance of seed saving.</p> <p>Sequencing & Planning: Following steps from harvesting to packaging seeds.</p> <p>Memory & Recall: Identifying plant types and recalling information about their growth and reproduction.</p>	<p>Tactile Stimulation: Feeling seeds of various sizes, shapes, and textures.</p> <p>Visual Discrimination: Sorting seeds from one another and from chaff, pods, fruit.</p> <p>Multi-Sensory Integration: Combining touch, sight, and even smell when working with herbs or aromatic seeds.</p> <p>Proprioception: Hand movements required for delicate seed handling and packing.</p>	<p>Collaboration & Teamwork: Working together to harvest seeds, pack, and share.</p> <p>Communication Skills: Sharing observations and ideas about the seeds.</p> <p>Empathy & Appreciation: Understanding the generosity of plants in producing seeds and the importance of stewardship.</p> <p>Community Building: Creating seed packets to potentially share or sell, connecting with the broader community.</p>	<p>Fine Motor Skills: Handling tiny seeds, folding paper for packets, writing labels, decorating packets.</p> <p>Hand-Eye Coordination: Picking seeds from plants, shelling seeds, and placing them into packets.</p>

Resources

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Visit workingfood.org/seeds for many more resources on saving seeds in Florida.



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workingfood.org



Cultivating a resilient local food
community since 2012.



This publication is one in a series of seed saving guides prepared for Florida farmers as part of a SARE Education Grant in 2023-2024 that allowed us to work closely with farmers to adopt seed saving practices on their farm. We are grateful for SARE's support of our project entitled, "*Local Food Needs Local Seed: Increasing Production and Use of Locally Adapted Seed with a Farm to Community Network*". More information about this project can be found on Working Food's website blog.

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