Welcome to Let’s Move! with Smithsonian Gardens

We invite you to exercise your body and your mind as you explore Smithsonian Gardens.

1. How many steps can you take during your visit through the Smithsonian Gardens? Download a pedometer “App” onto your smartphone or bring one from home and keep track of your steps. You don’t have to walk the whole route, move through as many gardens as you like.

2. Choose any garden on the map to begin and explore the outdoor treasures around the National Mall! As you visit different Smithsonian museums, be sure to stop in their nearby gardens. Can you find all of the plants and objects that are listed? Don’t forget to check off what you’ve found!

3. At each location, take a photograph with the object or plant while holding your Let’s Move! with Smithsonian Gardens brochure. Be sure to record the number of steps it took you to find each object in the space provided!

4. After you’ve finished visiting the gardens, tell us the number of steps you took during your exploration by tweeting the total to @SIGardens. You don’t have to walk the whole route; move through as many gardens as you like.

5. For a more in-depth version of Let’s Move! with Smithsonian Gardens, visit www.gardens.si.edu and download the extended brochure.

6. Start counting your steps now!

**Enid A. Haupt Garden**

It took me _____ steps to get to the Haupt Garden!

Garden borders, often called wickets, were popular during the Victorian era (1837-1901). That’s over 100 years ago! The centerpiece of the Haupt Garden is a parterre, a low-lying pattern on the ground. Count the wickets and record the number of steps it took you to find each object in the space.

Wickets were also used in a Victorian lawn game called croquet, a more subdued version of golf. Pretend you are cheering for your favorite player. Jump up and down and wave your hands in the air to show your support!

**Heirloom Garden**

It took me _____ steps to get to the Heirloom Garden!

The Heirloom Garden has a wide variety of plants that have been passed down as seeds from generation to generation. Did you know that this garden wraps around the entire building of the National Museum of American History? Explore the whole garden. How many flower colors can you find? What is your favorite flower? Do you hear music? Pretend you are at a formal garden party, dancing elegantly and slowly. Now dance like you would at home! How many dance moves do you know?

**Enid A. Haupt Garden**

It took me _____ steps to get to the Haupt Garden!

Head now to the Moon Gate Garden, inspired by an ancient temple in China. Pause for a moment and take a deep breath. How does this garden make you feel?

Stroll as silently as you can to each moon gate – there are four. How many different routes can you take from one moon gate to the next?

**Butterfly Habitat Garden**

It took me _____ steps to get to the Butterfly Habitat Garden!

The Echinacea flower is a popular nectar source for a variety of butterfly species. Some people use it as an herbal supplement to boost their immune system to help fight colds and the flu.

Sometimes even busy bees need to rest. Sit on one of the benches and relax. What do you hear? What are some plants and animals you see around you? Do you see any real bees? “Bee” careful not to pick any on your journey!

**Smithsonian Gardens**

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A Three Sisters garden is created using corn, beans and squash. Each plant supports human nutrition needs. For example, corn provides carbohydrates for energy, while dried beans are rich in protein. Squash yields both vitamins from the fruit and healthy oil from the seeds.

Can you find each of the Cardinal Direction Markers? Look for large boulders and small metal plaques on each side of the museum.

What can you see from each marker?

Can you find each labeled rose? Look for large boulders and small metal plaques on each side of the museum.

What can you see from each marker?

Can you find the rose labeled "Magic Carousel"? Why do you think this rose was planted here? Take a look around you. Were you able to spot the carousel on the mall? What’s another name for a carousel?

Pretend you are one of the animals on the carousel and glide around the fountain! How many times can you circle the fountain?

Did you know the rose plant is a rich source of Vitamin C, an essential nutrient for all living species! Pretend you are an FBI detective and track down all the roses that were named after a person. How many of these names do you recognize?

Jump up and down and pat yourself on the back to show pride in your excellent detective skills!

What is your favorite color? Can you find a vegetable in that color here? Pretend you are a little seedling. Wriggle like you are sprouting from the ground and stretch your leaves to the sun! But wait a minute – you’ve been plucked from your roots! Escape as fast as you can up the hill before you are caught again!

Don’t stop yet, keep moving at home! Now that you’ve seen our garden treasures, show us how you move in your gardens by visiting our website at www.gardens.si.edu or by adding your own photos to our Flickr group at www.flickr.com/groups/letsmovesmithsoniangardens

This brochure is available for free from the Smithsonian Institution.