LET’S MOVE
with Smithsonian Gardens

Exercise your body and your mind
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 smart phone 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 can also tweet us a picture at any point in your journey.

5. For more information about *Let’s Move! with Smithsonian Gardens*, visit [www.gardens.si.edu](http://www.gardens.si.edu).

6. Start counting your steps now!
Garden borders, often called wickets, were popular during the Victorian era (1837-1901). That’s over 100 years ago! Wickets create a boundary between lawns and flower beds; they help prevent flowers from being squished by garden admirers. The centerpiece of the Haupt Garden is a parterre, a low lying pattern on the ground. See the wickets that run along its border? Saunter around the parterre and count the wickets. Remember to stay on the path! How many did you find? _________

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!

Phew, cheering can be hard work. Head to the Fountain Garden and chill for a minute beside the waterfall. This garden, like many Islamic gardens, has a central fountain and water channels. Water features cool the landscape and add sound and visual refreshment. What sounds do you hear? _________

Did you know that up to 60% of the human body is water? Getting enough water is essential for living a healthy life, for both plants and humans! Don’t forget to drink plenty of water, especially while you’re moving around the Smithsonian gardens!

Head now to the Moon Gate Garden, inspired by an ancient temple in China. Visitors in this garden can meditate, relax, and enjoy the cool air emanating from the water nearby. 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 – two standing and two lying horizontally on the ground. Make sure to cover every possible route, including the bridges across the water. How many different routes can you take to get from one moon gate to the next? _________

Venture outside the Renwick Gates and sit on the benches. Visitors at the 1876 Centennial Exposition in Philadelphia sat on benches just like these. Expositions were great ways for people to showcase and demonstrate their products and inventions to the public. Victorians visiting an exposition might have cooled off with a refreshing herbal-infused glass of water, a healthy alternative to soft drinks. Doesn’t that sound good? How many years ago was the 1876 Exposition? _________ Skip or hop this many times to your next destination!
**Victory Garden**

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

What is a **victory garden**? Victory gardens were vegetable gardens planted during World War II in order to ensure an adequate food supply for civilians and troops. Private citizens often started them, and eventually government agencies, private foundations, businesses, schools, and seed companies all worked together to provide land, instruction, and seeds for individuals and communities to grow food.

**Vegetables** come in various colors and provide many different health benefits. For example, orange-colored vegetables contain beta carotene and are good for your eyes. Dark green vegetables contain many nutrients, including Vitamin A and fiber. What color vegetables do you see growing now?

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!

**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 shapes can you find?

What is your favorite flower? People use flowers as decorations for garden parties – events at which people picnic, barbeque, sing and even dance! 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?

**Butterfly Habitat Garden**

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

The nectar of **Monarda** or Bee Balm attracts many butterfly species. During colonial times, its leaves were used to make tea, a technique colonists learned from the Oswego people in Western New York. Tea can come from a variety of plants and is a healthy alternative to coffee or soda.

**Milkweed** plants are essential to the life of Monarchs as with caterpillars and butterflies. This plant is used as a host plant for butterfly larvae to live and as a food source by caterpillars and butterflies.

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

Buzz like a bee and fly from one end of the garden to the other, pretending to collect pollen for your hive. Remember that bees leave the flowers intact, so “bee” careful not to pick any! 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 touch them!
**Native Landscape**

It took me ____ steps to get to the Native Landscape at the National Museum of the American Indian!

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 provides vitamins from the fruit and healthy oils from the seeds.

Can you find each cardinal direction markers? Look for large boulders and small metal plaques on each side of the museum. What can you see from each marker? ______ How many steps did it take you to visit each direction marker? ______

**Ripley Garden**

It took me ____ steps to get to the Mary Livingston Ripley Garden!

The Ripley Garden is a quiet oasis within the bustling city of Washington, DC. It is home to hundreds of flowers and even more insects! This garden also houses five elm trees. Originally there were eight elm trees; some of them died when but when the garden underwent a massive reconstruction. They had to be raised from ground level to the height of the brick flower beds. Unfortunately some of the trees died. Can you find the five remaining elm trees? Flock like a bird to each one! Then, find three spaces in the garden where the other trees may have grown. Do a rain dance to make them grow again!

**Hirshhorn Sculpture Garden**

It took me ____ steps to get to the Hirshhorn Museum and Sculpture Garden!

Take a walk though this sunken sculpture garden. You are now more than eighteen feet below street level! The Hirshhorn Museum and Sculpture Garden was originally designed to extend across the Mall to the National Gallery of Art with a large reflecting pool in the middle. However, the public insisted that the Mall retain an open view from the Washington Monument to the Capitol Building. The sunken garden was adopted as the final design and the spectacular view was preserved. Walk around the Sculpture Garden. Which sculpture do you like best? Mimic the sculpture. Create a story about what this person or thing was doing at the moment it was sculpted. Was it moving around? Jumping? Dancing? Laughing? Screaming? Act it out!
Folger Rose Garden

It took me _____ steps to get to the Folger Rose Garden!

- Can you find the rose labeled “Magic Carousel”? Why do you think this rose was planted here? Take a look around you. Did you spot the carousel? 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!

- Can you find the Gur-Karma-Rana Fountain? It has an unusual name. It was created using the first few letters of the names of the Keith family who sponsored its restoration. It was originally made in the 1880s.

Bonus Steps

If you’re able to spend more time in the Smithsonian Gardens, check out these additional garden treasures!

- Can you find one of the oldest and largest of the Smithsonian Gardens’ trees? It’s next to the National Museum of Natural History Museum, at the corner of Constitution Avenue and 9th Street NW. Look for a tag with “Number 1” stamped on it about six feet up! How many steps does it take you to walk around this elm tree? __________

- Inside the National Portrait Gallery and the Smithsonian American Art Museum is the Kogod Courtyard designed by architect Norman Foster. Originally this courtyard did not have a roof. Huge American Elm trees towered over the building. When renovations took place, the glass canopy was installed to make this courtyard a year-round garden space. Did you know that each tile in the glass canopy is a slightly different size?

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.