



Introduction:

Welcome to the South Coast Botanic Garden's Exhibit: Bloom! When visiting the exhibit, you'll explore five featured sections of our 87 acre garden to Awaken Your Senses, and remind yourself to mindfully live in the moment. The following lesson will serve as a general introduction to our exhibit and its key concepts.

Concepts:

1. Every living thing experiences cycles, which can differ according to their climate.
2. Human beings have 5 senses they can use to discover the world around them
3. Mindfulness is a cognitive skill that can be helpful in emotional regulation

Outcomes:

Upon completion of this lesson, students will be able to:

1. Identify Coastal California's Climate as Mediterranean
2. Identify and use their 5 main senses
3. Discuss the ways in which mindfulness is helpful for emotional regulation

Set Up:

Our Bloom! PowerPoint is downloadable from the South Coast Botanic Garden's website. This presentation requires a screen and a projector to show the presentation to the class, or a device to share in a virtual classroom setting.

Lesson: Bloom Introductory PowerPoint

Use the PowerPoint presentation to discuss the concepts of life and climate cycles, using the five senses, and mindfulness. Feel free to use any of the following questions to assess the proposed outcomes of the lesson.

1. Name Coastal California's type of climate. Can you name anywhere else in the world that has this kind of climate?
2. Name the 5 senses. Can you give an example of how to use each sense?
3. In your own words, what is mindfulness? How can it be useful to us?

Conclusion and Review:

During this lesson, we have identified different types of climate, explored our five senses, and learned how the South Coast Botanic Garden is using their exhibit to encourage visitors to be more "mindful". As a class, use the one of the following discussion or writing prompts to review the information.

1. What is unique about a Mediterranean Climate?
2. Think about today's lesson. What sense did you use while we were learning? How?
3. Identify some ways that people incorporate mindfulness into their lives. What's something we could do as a class to be more mindful?

Follow Up Activities:

- Coloring Bookmark
- Five Senses Word Search
- Mindfulness Journaling Worksheet

Additional Resources:

Source: *American Public Gardens Association - Educator Resources*

APGA Plant Heros Journal Activities

These connect to the Bloom! themes are available for download, and also available in English, Spanish, and Chinese.

- [Plant Mandala Journal](#) (mindfulness, senses: sight, observation)
- [Garden Discovery Journal](#) (senses: sight, observation)
- [Pollination Journal](#) (senses: sight, observation)
- [Soundscape Journal](#) (senses: hearing, listening)
- [Wellness Walk Journal](#) (mindfulness, senses, yoga)

APGA Curriculum Based Lessons

These connect to the Bloom! themes, Next Generation Science Standards, are available for download, and also available in English, Spanish, and Chinese.

- [Insect Sounds In Their Environment](#) Ecology theme for grades 3-4 (senses: listening, hearing)
- [Soundscapes: Sounds of an Ecosystem](#) Ecology theme for grades 3-5 (senses: listening, hearing)
- [The Story of a Tree](#) Forest health theme for grades 3-4 (senses: sight, observation)
- [Who Needs Trees?](#) Ecology theme for grades 3-5 (senses: sight, observation)
- [What Makes Up a Forest](#) Forest health and ecology theme for grades 4-5 (senses: sight, observation)

Vocabulary:

In this lesson, the following words or concepts may be used. Below is a simple, contextual definition for each one should students be unfamiliar with them:

Climate (noun): a region with particular prevailing weather conditions

Ecosystem (noun): a biological community of interacting organisms and their physical environment.

Grounded (adjective): well balanced, sensible, calm

Habitat (noun): the natural home or environment of an animal, plant, or other organism.

Mindfulness (noun): a mental state achieved by focusing one's awareness on the present moment, while calmly accepting one's feelings, thoughts, and bodily sensations.

South Coast Botanic Garden Mission Statement:

South Coast Botanic Garden will connect ALL to the wonders of nature and create experiences that inspire stewardship and sustainability.

How We Fulfill Our Mission:

The South Coast Botanic Garden brings its mission to life in the following ways:

- We are home to a myriad of classes, all themed and connected toward stewardship and sustainability
- We create or host exhibits that remind our guests of the importance of living in harmony with our natural surroundings through different mediums (i.e. Washed Ashore sculptures, Thomas Dambo's Trolls, etc.)
- By allowing our community members to bring their dogs one Sunday a month, we encourage community and connection for those with similar interests
- By partnering with LA County, we are able to offer free admission to the Garden Grounds on the third Tuesday of each month, thereby removing an access barrier for some of our less affluent communities

SCBG Fun Facts:

- We're built on a landfill, which contributes to the constant change in our 84-acre landscape
- Before it was a landfill, it was a pit mine for Diatomaceous Earth, which is the flakey white rock used in potting soil and pool filters!

National Standards Addressed:

NGSS, 3-ESS2-2. Obtain and combine information to describe climates in different regions of the world

NGSS, LS3.B: Variation of Traits. The environment also affects the traits that an organism develops.

NGSS, LS1.A: Structure and Function. Plants and animals have both internal and external structures that serve various functions in growth, survival, behavior, and reproduction.

NGSS, LS4.D: Populations live in a variety of habitats, and change in those habitats affects the organisms living there. (3-LS4-4)