

# SEPALS, TEPALS, PETALS AND LEAVES – STICKY NATURE CARDS

## \$5-10 Special Materials Budget

We will learn terminology of flowers, dissect and identify flower parts, and then create sticky nature cards to use as works of art or gift cards! Eldergrow engages residents in a therapeutic and meaningful connection with nature – cognitively, socially, spiritually, emotionally, and physically. **If you don't have an Eldergrow garden, you can collect leaves in your garden courtyard or on a nature walk.**

### Activity Objectives:

Objective 1: Resident will engage creative expression (CE)

Objective 2: Resident will engage cognitive stimulation (CS)

Objective 3: Resident will engage motor skills (MS)

## MATERIALS:



**Note:** Press left over flowers and leaves in preparation for an upcoming Eldergrow lesson! [Instructions linked here](#)

- Collection of flowers and leaves from the Eldergrow Garden, a nature walk, courtyard or grocery/florist (just make sure they haven't been sprayed with pesticides and are Eldergrow approved plants – choices from grocery/florists might include; sunflowers, zinnia, Gerber daisy, thornless roses. Sometimes nurseries will donate pruned flower scraps for a good cause!)
- Thick card stock or watercolor paper (Dollar store)
- Double sided sticky tape (Dollar store) or glue sticks
- Wax paper (Dollar store)
- Paper towels
- Ballpoint pens and safety scissors
- Cardboard & paper to press and dry fresh leaves & flowers for cards (creates a more permanent work of art) and to press/dry more plant bits for an upcoming lesson
- Talking Points: “**Botanical Illustrations of Eldergrow Plants**” and “**The Outer Parts of a Flower**”
- *Optional:* Flowers and Leaves Coloring Pages (coloring pens/ pencils): [Link Here](#)
- *Optional:* Magnifying glass(es) for closer plant inspection
- *Optional:* Tweezers/skewers to help move delicate flowers
- *Optional:* Picture frames to display (Dollar store)

## PREPARATION:

- Move garden into central location so residents can gather around it - **brakes on!** Or gather at a window.
- Present a finished demo product or photo to show residents what they will be making.
- Set out materials and Talking Points to the side until ready to use and have garden journal/pen ready.

## ACTIVITY DIRECTIONS – CHOOSE 1 OR ALL 3 PARTS:

Eldergrow Lesson Plans are guides only. In order to maximize resident engagement, Educators can customize these plans to the various interests, cognitive levels and physical abilities of residents.

### 1. GARDEN OBSERVATIONS, SENSORY STIMULATION AND TASKS:

- Gather around the Eldergrow garden, courtyard or window, so residents can **make garden journal observations** and possibly ask a garden journal secretary to take notes throughout the lesson. Do a “Scratch & Sniff” stimulation, leading residents through all 5 senses, using aromatic herbs. Ask, *do you know what this herb is?*
- **Garden tasks:** Plant any “Plant of the Day”, if brought in, and remedy any garden issues observed, such as watering a dry garden, picking up dead leaves, spritzing plants with the mister, trimming brown leaf tips, raking soil with the hand rake, adding organic potting soil / fertilizer, dusting off the fan, pruning plants, etc.

### 2. TALKING POINTS & BOTANICAL ILLUSTRATION PLANT ID GAME:

- Distribute some of the “**Botanical Illustrations of Eldergrow Plants**”. *The botanical illustration of a plant or flower needs to be very precise and contain all of its elements - leaves, stems, petals, etc. and show the whole plant cycle of life (flower, leaves, seeds, seed pods) - which helps identify an actual living plant based on the image. Let's see how many of these plants we can identify in the garden!*
- For more of a challenge, remove the plant labels – also a good time to wash them – to see if you can locate the plants based on visual elements of the botanical illustrations alone. Sometimes flowers no longer have blooms, so plant ID must focus on leaf shapes. Now try putting the labels back in the right spots! (You may want to make a garden map first!)
- Next, have residents take turns reading aloud the “**The Outer Parts of a Flower**”. These are all parts of a flower that can help us identify it. *Have you ever collected leaves and flowers to remember a hike or time spent in a park with a loved one?*
- Now let's dissect some of the flowers/plants that we've collected from the Eldergrow garden, walk, or from a florist. (Use safety scissors or tear apart the flowers/leaves using your fingers – great finger strengthening exercise.) *Can you identify some of the flower parts (tepals, petals, etc.) that we've learned about today?*
- Make a **sorting game** out of it, and create piles of the different flower/plant parts. Sort by color too! Sorting things is a great way to hone motor skills and sharpen cognitive recall. Folks who like to color may want to engage with the “Flowers and Leaves Coloring Pages” at this point. *Can you label the flower parts?*

### 3. ACTIVITY DIRECTIONS: STICKY LEAF CARDS

- Now that we have all of these pieces of flowers and leaves, let's make something creative out of them!
- Distribute paper, tape, glue sticks and plant parts. If making cards, help them identify the receiver!
- Tape double sticky tape strips (or glue stick) across a folded card or flat paper stock. If you prefer to prep this part ahead of time, you can lay down the sticky tape and sandwich the card stock in between pieces of wax paper for travel. Leave a “frame” margin as per the photo example.)
- Have residents press the various leaves and flower petals pieces to the sticky tape/glue and completely cover that part of the paper.
- For a longer lasting work of art, sandwich the sticky nature cards between wax paper and paper towels to press/dry the flowers and leaves, and stack/press under a heavy book or between pieces of cardboard.
- After a couple of weeks, they should be ready to frame and/or send to family and friends!

## CLOSING & ACTIVITY AMENDMENTS FOR DIFFERENT LEVELS

- Higher acuity folks and those with less fine motor skills/lower vision, may need **hand over/under hand assistance** to take apart and handle the delicate plants and tape/glue them into place.
- Perhaps they can only choose the plant of choice **indicated by their glance alone**, so be mindful of this potential for them to be actively involved this way.
- For those not so inclined to do the activity, some might enjoy sitting with someone and **continue to make garden observations** as they compare plants with the illustrations. Or take a bowl of various flowers, herbs and leaves in a bowl for them to explore and compare with the illustrations.
- Can't make it to the garden? **Bring the garden to them...** it's on wheels! Or, repot up a hearty plant for them to look at while seated at a table or bring a bowl of pruned plant stems to examine.
- Assist as minimally as possible to **meet that particular resident's ability**. This way it's a collaboration that plays to the resident's strengths, allowing them to be successful and fulfilled with the work they can do! This may require you to ensure a staff member can work with that particular resident during the activity so they are still included and supported.
- Changes in the Eldergrow garden can possibly help **stimulate short term memories**, so do encourage residents to make these observations as well as reflect back on previous observations so they can see how their garden is changing over time.
- Some people like to write the **"plant of the day"** on a chalkboard or piece of paper for residents to read about in the future (and to use when creating the plant labels). Consider adding a couple of noteworthy aspects of your choice plant for them to continue to learn and remember about their garden's plant collection. Tape copies of the talking points around the room after class for future reference.
- Some residents prefer to only assist with **gross motor garden care**. One may enjoy hand tilling the soil or adding new soil around the plants. Someone else may like to water each plant to the count of three or dust off the shelves and garden structure. We do recommend that you bring in demos of the lesson and read the Talking Points so that it keeps the consistency of the lessons on the monthly flyer.
- Give everyone **a round of happy applause** for a job well done! Laughter and joy are what we are encouraging with all of our Eldergrow lessons!