My Visit to the Children's Garden at The Morton Arboretum
I will be visiting the Children’s Garden at The Morton Arboretum. I am going to play outside and explore nature.
I can borrow a **Sensory Bag** at the Visitor Center or by asking someone who wears a name tag. The Sensory Bag has headphones, fidget tools, and other things I can use to feel calm if I am overwhelmed in the Children’s Garden.
When I arrive, someone who works or volunteers at the Children’s Garden may welcome my group at the entrance. If I need help or get separated from my group, I can ask someone with a name tag for help.
I can look at the **map** of the Children’s Garden or use the **activity choice board** in the Sensory Bag to help me decide where I want to go.
One of the first things I will see is a large marble ball with water running down the sides. I can touch this ball if I want to feel the cool water on my hands.
While exploring the Children’s Garden, I can walk on different surfaces of the ground, like grass, sidewalk, boardwalk, wood chips, and water.
The Children’s Garden has more areas where I can feel the water with my hands or feet. Other children may be playing here, as well. I can join them or I can wait until it’s quieter.
I can go down slides and climb tree roots. I can wait for my turn if other children want to use the slide, too.
I can use the bathrooms in the Children’s Garden. They are located right by the picnic tables.
I can balance myself on large planks. I can try to move the logs myself or ask for help if they are too heavy.
I can go on rope bridges and find tree houses up in the trees. Other children may come behind me, but I can take my time to get to the other side.
If I get **hungry**, I can **have a snack** in the picnic area or the Visitor’s Center.
If I need a break, I can find a quieter area of the Children’s Garden and rest on a bench. I can use my headphones or other calming tools.
When my visit is over, I will leave the Children’s Garden with my group and return my Sensory Bag to someone with a name tag. I had a great day exploring nature! Knowing what to expect made my visit fun and easy.