

Bouquet of Memories

Try to
find the
way
home
with the
bouquet



While on a
walk, collect
plants and
flowers that
make you
happy

Tie bouquet together with
string or ribbon

Benefits

- Builds visual memory and navigation skills
- Aids in emotional identification, especially when asked during plant gathering why they chose the plants they did
- Fosters respect for nature by encouraging rules like not picking plants that may be homes, only taking one or two live plants from a group, and "returning the bouquet to the Earth" for composting



Self-Regulation Actions

Sensory Actions	Memory Activity	Story Visualization
Challenge your child to describe their bouquet using the 5 senses	Motivate them to think of other things their bouquet reminds them of	Encourage them to tell the story of the walk and how they feel after doing it

