



## Explore DC Using Your Senses!

**We want to welcome  
you to DC, from A to Z!**








Let's go on a sensory  
treasure hunt through  
DC's four quadrants.  
As you explore,  
you'll find treasures  
when you tune into  
your senses.






**Are you ready?  
Let's go!**








## Let's go to **NORTHWEST** DC!

-  **See** the bright colors and the face of Chuck Brown on the mural at Ben's! What else do you see?
-  **Hear** the sounds of go-go music playing from a shop! What else do you hear?
-  **Smell** the aromas from the food shops! What else do you smell?
-  **Taste** the half smoke or french fries at Ben's! What else do you taste?
-  **Feel** the history of DC in the food and the mural! What else do you feel?






## Let's go to **SOUTHWEST** DC!

-  **See** the sculpture of MLK carved in stone! What else do you see?
-  **Hear** the sounds of people around the monument and the National Mall! What else do you hear?
-  **Smell** the cherry blossom trees near the Tidal Basin! What else do you smell?
-  **Taste** a treat from an ice cream truck! What else do you taste?
-  **Feel** the smooth and rough parts of the stone sculpture! What else do you feel?

## Let's go to **NORTHEAST** DC!

-  **See** the lily pads, or fish swimming in the pond! What else do you see?
-  **Hear** the sounds of birds in the trees! What else do you hear?
-  **Smell** the fragrance of the plants! What else do you smell?
-  **Taste** the treats in your picnic! What else do you taste?
-  **Feel** the textures of nature, like pointy grass or a smooth, hard stone! What else do you feel?

## Let's go to **SOUTHEAST** DC!

-  **See** that big chair! What else do you see?
-  **Hear** the sounds of roller skates at the Anacostia Pavilion! What else do you hear?
-  **Smell** the delicious foods of the carryout! What else do you smell?
-  **Taste** DC's famous mambo sauce! What else do you taste?
-  **Feel** the rumble of the city bus on the street! What else do you feel?

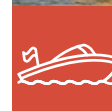
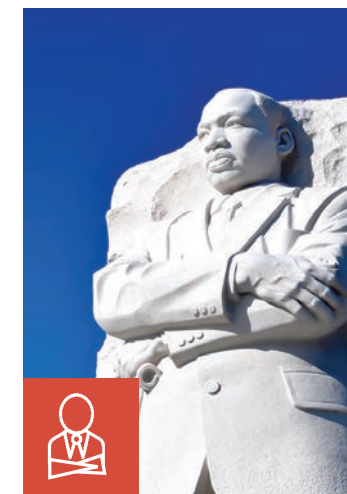


# Northwest, Southwest, Northeast, Southeast. Hey! Are you feelin' me? — from the song "A to Z: This is My DC"



Try this!

Find the photo's icon on the map, match its number on the list to discover a place to visit in DC!



Try this!  
Use the color of the icon box to connect each photo to its quadrant.

## Northwest (NW)

- 1 Smithsonian National Zoological Park
- 2 Ben's Chili Bowl
- 3 Chuck Brown Mural
- 4 Howard University
- 5 Duke Ellington Statue

## Southwest (SW)

- 6 Martin Luther King Jr. Memorial
- 7 Southwest Waterfront

## Southeast (SE)

- 8 Frederick Douglass National Historic Site
- 9 The Big Chair
- 10 Nationals Park
- 11 Eastern Market

## Northeast (NE)

- 12 The Supreme Court
- 13 Kenilworth Park & Aquatic Gardens

# Bring DC home!

## Make your own mambo sauce!



Follow the recipe below to make a kid-friendly mambo sauce:

### Ingredients

- Tomato paste or ketchup
- Vinegar (white or apple cider)
- Sugar or honey
- Soy sauce or aminos
- Hot sauce or cayenne (optional)

### Tools

- Mixing spoon (for stirring)
- Sauce pan
- 1/4-cup container (for measuring)

### Directions

Transfer each ingredient to pan, measuring with the same container each time.

- Tomato paste and/or ketchup: Fill the container 4 times.
- Vinegar: Fill the container 2 times.
- Soy sauce or aminos: Fill the container 2 times.
- Sugar or honey: Fill the container 1 time.
- Add a dash of hot sauce or cayenne, if desired.

Stir all ingredients together in pan, turn on stove to low, simmer for 5 minutes. Remove from heat, allow to cool, and enjoy dipping your favorite foods!



what will you dip in yours?



## Make your own musical instrument!



Make your own shaker and listen to the beat as you sing and dance to “A to Z: This is My DC”!

### A to Z shaker instructions:

- Find an empty food or drink can. (You can use the tomato paste can from the mambo sauce recipe!)
- Fill the can with dry beans or rice.
- Cover the can opening with plastic wrap, tape down the edges, then cover with a layer of paper or a scrap of fabric). Use tape or rubber bands to seal.
- Listen to the song “A to Z: This is My DC” with your family, and play your shaker!

what colors will you choose?

## Make a leaf rubbing!



On your exploration of DC’s natural environment, collect three different kinds of leaves to bring home. Follow the simple steps below to create a crayon rubbing of all 3 leaves, using a different color for each one. Does one side of the leaf have more texture than the other?

- Put a leaf on the table with textured side up.
- Place a piece of paper over the leaf.
- While holding the paper and leaf in place, use the side of a crayon to rub across the leaf.

Show your drawing to someone and see if they can guess which leaf goes with which rubbing.





**This book belongs to:**



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to access  
**the dance tutorial**