Meet a tree

Can you use your senses to find out which tree you discovered? Trust your partner and get connected to nature.

You will learn

To value the outdoors
Enjoy being outside, feel comfortable in nature, and feel connected to the natural environment.

To be active
Look after your body by being physically active.

You will need:

- blindfolds
- access to outdoor space

Before you begin

- Check the location you plan to use. Make sure that there are enough trees for each pair or group, and where possible try and make sure there is a good variety of trees.

- Mark out a clear boundary for the activity, including a starting location.

Treehugger

1. Everyone should get into pairs or small groups. One person in each pair or group should put on a blindfold.

2. From a set starting location, team members must guide their blindfolded teammate safely to a tree. Make sure everyone wearing a blindfold walks slowly, with their hands out in front of them.

3. The blindfolded person should use their other senses to get to know their tree: hug it, smell it, feel for knots or branches, and listen to the leaves rustling.

4. Carefully guide the blindfolded people back to the starting location.

5. Everyone should remove their blindfolds and try to locate the tree they went to, using what they learned about it.

Reflection

Time	Activity
5 minutes	This activity was about valuing the outdoors and being active. In this activity you got out into nature and used your senses to learn new things. We rely heavily on our eyes to take in the world around us, but there are lots of things we notice when we use our other senses. When you touched the tree, what textures did you feel? Were there any senses you didn't use? Everyone tried to find their tree once the blindfold was taken off. How did you do it? You also had to trust your partner when you were blindfolded. How did it feel?

Change the level of challenge

Can anyone identify any of the trees they found?

Try downloading a tree identification app or looking in a book.
You could take pictures of the trees to take away and research later.

https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/tree-id-app/