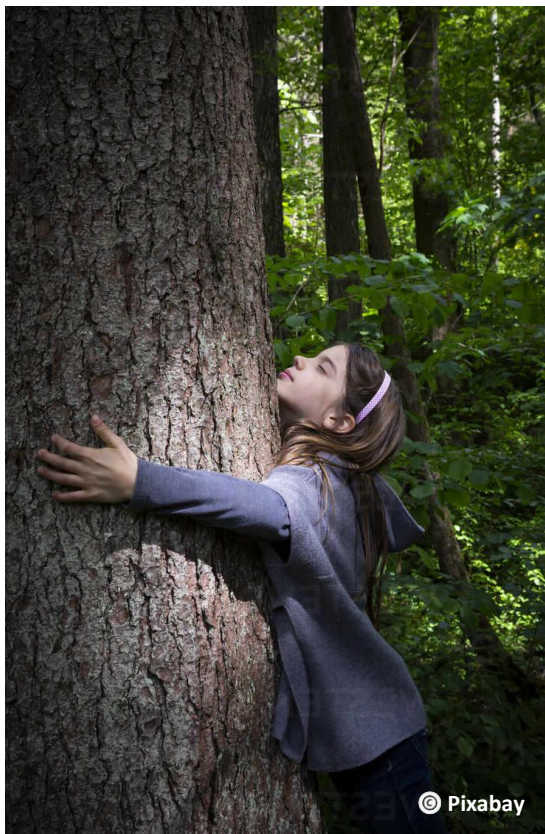


## Creating Natural Connections

### Activity: 'Meet a Tree'



#### How it works in practice:

For this activity split the class into pairs by giving everyone a tree name – i.e: so that everyone is either an Oak or a Scots Pine. Ideally this should mean pupils are not paired with someone they always sit with. If they are be prepared to mix up the pairs!

Ask one of the pair to wear a blindfold and the other to be lead by the shoulders slowly towards a tree. It is very important that the leader is careful to keep the blindfolded person safe and to make sure that they feel safe. This means that they should be in constant communication - about the direction they are headed and the floor conditions – make sure that pupils point out uneven ground out and branches avoided. Once at the tree the leader asks the blindfolded pair to hug the tree to get a sense of its size.

#### What you need:

Blindfolds

A site with plenty of trees to choose from

#### Purpose

This activity directly activates nature connection – because it can be a very memorable experiential activity.

It also allows for children to learn build trust and empathy with people they may not already have that with.

Then instruct the children to read these direct questions from prompt cards: *“how can you tell if this tree is alive?”*, *“can you hear it breathing?”*, *“can you hear the sap rising - as it does at this time of year?”*, *“How does the bark feel in different places”* and *“is there anything other than bark that you can feel – lichen, moss?”* as well as *“what any signs that any animals might live here?”*. After this, the blindfold is kept on and the pupil is lead back via a different route to the starting point. The blindfolded partner can then remove their blindfold and go and try and find their tree.