



Wednesdays in the Woods Activity: Meet a Tree

Materials Needed:

- Forested area
- Eye covering (optional)
- A partner from home

Instructions:

1. Find a place outside where there are many trees. They can be the same, or different, species.
2. Stand a distance away from the trees and close your eyes, or put on an eye covering, so you cannot see.
3. Have your partner guide you to a tree (either directly or indirectly) and put your hands on it. Take time to use your senses of touch, smell, and hearing to “meet” your tree. You might also feel what is around your tree.
4. When you are finished, keep your eye covering on and your eyes closed, and ask your partner to lead you back to where you started.
5. When you arrive back at your original spot, remove your eye covering, and open your eyes. Try to find the tree you just “met!”
6. Switch roles, and guide your partner to a different tree.

Reflective Questions:

- What can we learn about trees by using our senses other than sight?
- What did you notice about your tree that helped you find it?
- How did it feel to be unable to see and be led by another person; how did it feel to lead another person?

Extensions of this activity:

- If you are by yourself, you could stand in an area with nearby shrubs and plants close to the ground. Close your eyes, spin

yourself around, and sit. Reach out in front of you and locate a plant or shrub to “meet.” When you are done, stand up, spin around again, and sit. Open your eyes and try to find the plant or shrub you met!

- Use the features you noticed about the plant you met to identify it using a field guide. How does the guide’s description of the plant compare with your observations?

Meeting a tree



Photo by Hannah Raymond