

Hug a Tree

Goal: To explore the textures and parts of trees

You will need:

- A safe tree to explore: elm, fig, maple, pine, oak, or mulberry may be good choices.

Note: For very young children you wouldn't ask the questions below, but they can be used for guiding what you might talk about when exploring trees together.

What to do:

- Talk about the different parts of a tree - trunks, branches, leaves
- Explore the textures of the tree.
- Touch the tree's bark. What does it feel like? Compare it to the bark of another tree. Is it rough, smooth, hairy, bumpy, etc.
- Look at the tree's leaves. Are there leaves on the ground? Count them. What are the edges of the leaves like? Notice the shapes of the leaves together.
- How tall is the tree? Compare it to other plants and structures. Is it taller than a telephone pole? Is it taller than a building?
- Can you stretch your arms all the way around the tree's trunk?
- Talk about where you are standing or sitting in relationship to the tree. Are you in front of the tree, next to the tree, under the tree, etc.?
- Compare the different colors of leaves that you see. Where do you notice the green leaves, the yellow leaves, etc.?
- Can you see signs that animals make the tree their home? If so, what animals do you think live in the tree?
- How will you enjoy the tree?

