

TREE HUG

How nice is it to hug a tree? Test it!



Goal: The children will investigate whether a stand of trees is contemporaneous or more diversely aged by estimating the ages of the trees using their hands and consulting the activity worksheet in the manual. This activity will also test their physical strength and coordination between the trees. The children will discover the space among the trees with the involvement of their own bodies, develop dexterity, and gain new unconventional (and positive) experiences in nature.

How long: 20–40 minutes

Who: 7 to 99

Where: An area with trees and/or shrubs (ideally diverse)

When: All year round

You need: Worksheet

1. TREE TIP

Try the special Treebeard method to estimate whether trees in a forest, park or garden are contemporaneous and similarly aged (somewhat like a school class) or of different ages. The Treehuggers worksheet will help you. You can find Cuddlers, a Double hugger or two, or a stand of Giants in there. It is not necessary to find out how old each tree is. Your focus should be the overall condition of the stand and its diversity.

2. RESEARCH GROUPS

Divide the children into groups with a maximum of four and distribute a worksheet to each group. The worksheet shows the types of trees to count using their special category names.

3. MEASUREMENT SPACE

Define a space, such as 50 x 50 m, and let the children do a survey of age diversity among the trees in your forest, park, garden, tree alley features. Each group conducts a survey and writes down the numbers of trees found into the worksheet.

4. SHARING

Share what you have found out. Is there a large number of trees within the same age group or are there trees of varied ages all mixed in with each other? Allow the groups time for thinking and then sharing their results. You can discuss what type is better for a forest, garden, etc. and why, if you have time.

TIP: the Treehuggers activity and the worksheet are from the international Learning about Forest programme. If you are interested in spending more time playing, creating, discovering in the woods and around your school, we recommend a visit to get inspired by their methodologies and webinars.

TIP: Firm hug (simpler version of the game)

As with the previous game, you will need a suitable forest / park / garden. Look for a space with trees of different ages, however, you can forget about counting their rings. Embrace the trees! You may easily grab the thin trees, Pinches, with one hand. You will need both hands to embrace the thicker ones, the chokers. The Cuddlers will require an embrace with both arms, and to „measure“ the largest Giants you will need a few friends to help with the embrace. Which type of trees did you find the most of? Youngsters, or old giants?

5. BEARS

And while you're at it, choose a tree that you can easily get your arms around and pretend you're a bear. Wrap your arms and legs tightly around the tree and see how long you can last like that. A flood has arrived and you must all stay on the tree for as long as possible. It's definitely worth playing a few times trying out different thicknesses and types of trees like a bear.

6. CLIMB A TREE

Allow the children to climb the trees, where possible. Find a safe tree with solid branches and try to spend some time in the tree. While sitting in the tree the children can share today's experiences of playing among the trees, have a snack, or read a book together. How different is it to be in a tree than being on the ground? What do they like and not like up there? What would it be like to be a squirrel / bird / beetle on a branch? What are the views of the crown from here on the branch and from down on the ground? Are they different? Would the children like to have a treehouse? What would it look like? What would they do there? You may also draw a sketch.

EVALUATION OF THE ACTIVITY OBJECTIVE (EVIDENCE OF LEARNING)

The children measured some trees using their own hands and a worksheet.

They discovered whether the trees in the area are of the same age or of different

They played a „bear“ game, climbed a tree and exercised their body.

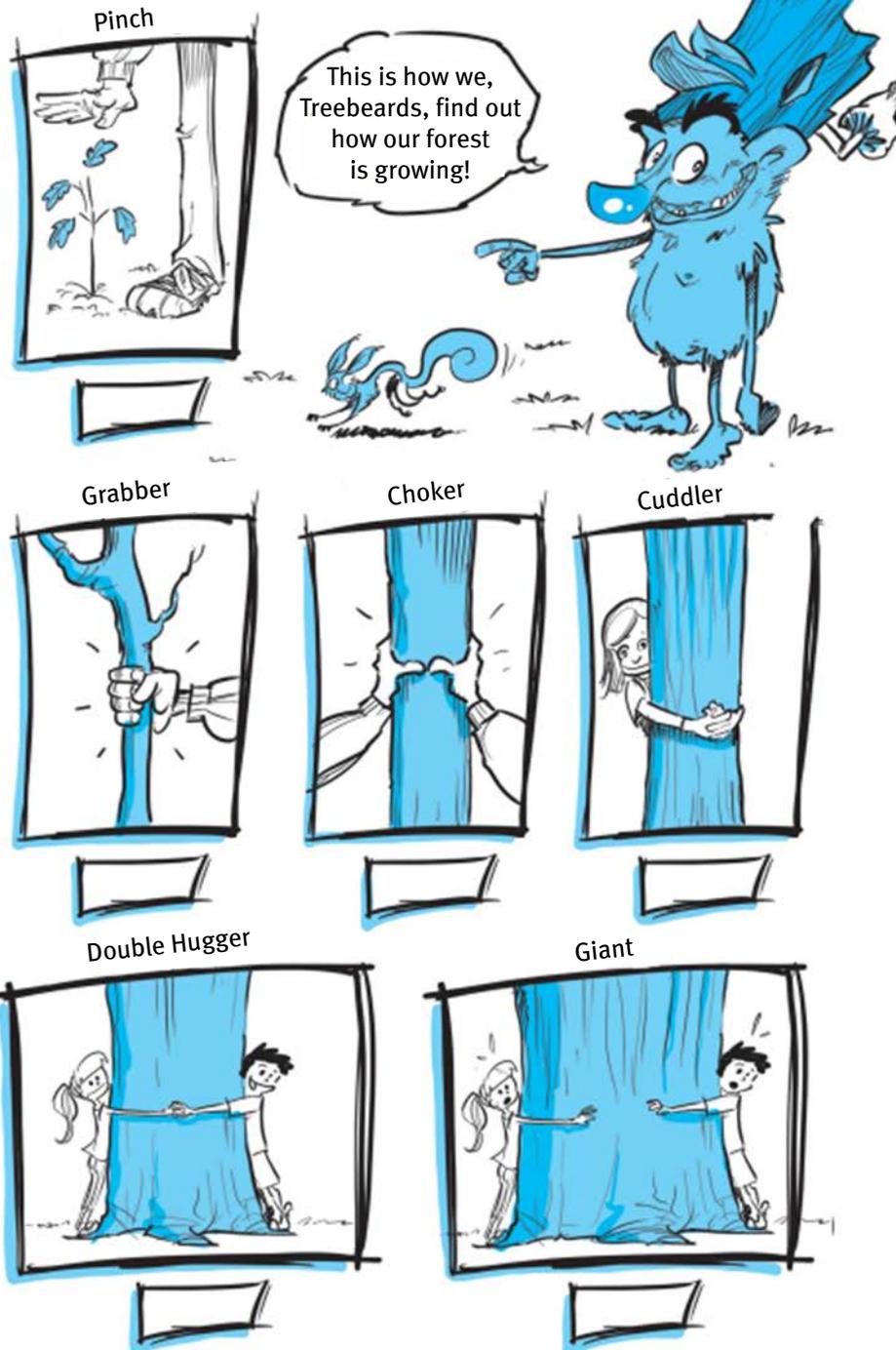




WORKSHEET

TREE HUG

Treehuggers



The Treehuggers activity and the worksheet are from the international Learning about Forest programme.

3/3

