

Meet a Tree!



THE BASICS

- Suitable for ages 6+
- You will need one blindfold per pair of students. Top tip- old cloth masks work well as blindfolds!
- Duration is about 20 minutes with options to extend.
- This sensory activity invites students to slow down and take notice of trees which they may pass by every day!

BEFORE YOU START

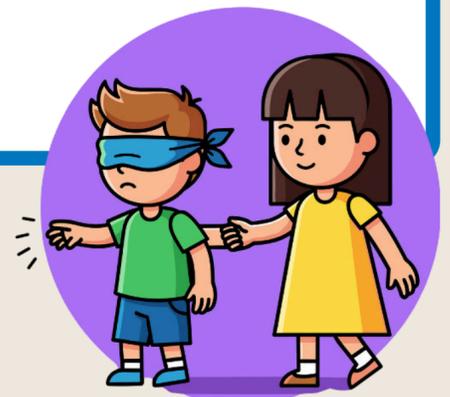
- Try and pick a flat area with a variety of trees and minimal trip hazards.
- Clearly define the boundary of the search area with the students so everyone knows where they are allowed to explore.
- Walk the area first and point out any hazards (e.g. nettles, holes, uneven ground). Trees near dangerous obstacles should not be used.
- Demonstrate this activity to the class first so everyone knows how it works. Pick a pair to demonstrate and walk them through it with the class watching.





THE ACTIVITY

- Divide the class into pairs. One student will wear a blindfold, the other student will be their guide.
- The guide will gently lead their blindfolded partner to a tree of their choice. It's best to hold hands or have the guide place their hand on their partner's shoulder, to move slowly and watch out for any tripping hazards. As they approach a tree, the blindfolded students should put their hands out in front of them, so that they avoid bumping into the tree.
- When they reach their tree, the blindfolded student hugs and explores the tree. Encourage them to feel the bark, branches, leaves and shape of the tree. Feel for unique textures or features. They can try smelling or even listening to the tree!
- After exploring the pair returns to the group's meeting spot.
- Once back, the blindfolded student removes their blindfold and tries to work out which tree they "met".
- Switch roles so both partners get a turn.



FOLLOW ON OPTIONS

- Ask the student's what they noticed about their tree. Were they able to identify it again once they took their blindfold off?
- Students can learn more about the tree they met. They could draw it, take a bark rubbing, monitor how it changes over the seasons, identify what kind of tree it is and add a sign with its name!
- Using [this resource](#), students could investigate the age and height of the tree.

