

A forest feeling



Forests are fabulous places for having adventures and making memories. Spending time in nature and connecting with it is really good for you.

First, find a tree that you really like - this could be in your garden, a park or in a forest. Then have a go at these fun activities which will help you to get to know your tree through the **five pathways** to nature connection.

These activities are aimed at 4 to 7-year-olds but can be adapted to suit different ages.

Explore with your senses

You will need:

- Magnifying glass
- Camera
- Snack

Our senses help us to understand what is happening around us. We have five senses, can you name them all?





Look



Spend some time looking carefully at your tree. Look at its bark, the shape of the branches and the leaves. If you have a magnifying glass, you could use this to help you look even closer.

- **Compare it to the other trees nearby, are they the same?**

Touch

Feel the different parts of the tree. Explore how the leaves feel, how the bark, roots and branches feel.

- **How would you describe them?**

smooth

bumpy

bendy

hard

furry

tickly



Smell



Ask someone you are with to guide you close to a specific part of the tree whilst you have your eyes closed.

- **Can you guess what part of the tree you are smelling?**
- **What does it smell like?**
- **Do all the parts smell the same or different?**



Taste

If you have brought a snack with you, sit down under your tree and eat it.

- **Can you see any animals eating their own snacks?**
- **What sort of things might forest animals eat?**



Listen

Sit silently and still under your tree. Close your eyes and listen carefully to the sounds around you.

- **Can you hear the leaves blowing in the wind?**
- **Can you hear any animals moving?**

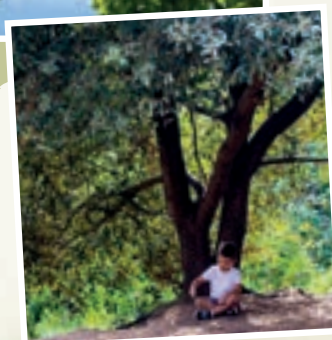
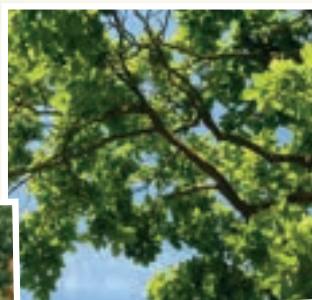




Feel like a part of the forest

Think back to when you found your tree.

- What made you choose this one?
- How did you feel when you first saw the tree?
- How do you feel when you think about your tree now?



Notice the beauty

Take photos of your tree to share what you find beautiful about it.

- What do the branches look like from underneath?
- Do the roots or bark make interesting patterns?



Forestry England



A place in our lives

Trees and forests play such a big part in our lives and often feature in stories. For example *The Magic Faraway Tree*, or the 'deep dark woods' in *The Gruffalo*.

While you are by your tree, or back at home, create your own story about the tree or an animal that lives in it.



Caring for trees and wildlife

Think about how you could help trees and the creatures that live in and on them.

- **Maybe you could create a minibeast home using piles of deadwood?**
- **Or attract insects, likes bees and butterflies, by sowing some wildflower seeds.**
- **Better still, why not plant a seed and grow your very own tree?**



Earn your stamp

To earn your stamp, fill in the worksheet, write a poem or create a photo collage to show your connection to trees. Email a copy of your work, along with your name, age and the place you visited, to us at learning.english@forestryengland.uk.



For further activities and to earn more Children's University hours for your passport, go to our website: forestryengland.uk/childrens-university



Worksheet

What have you found out about your tree?

Can you draw or write what you have discovered about your tree?



What does it feel like?

What does it smell like?

What is special about your tree?

Who lives in your tree?

