



LIVING ENVIRONMENT



7-11



All



ME AS A TREE



1-2 hours



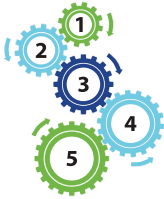
In this activity, children connect with trees in a way that they try to see them as friends (persons). The goal is to understand and acknowledge the importance of trees in human lives and their existence in general as well as the value of the broader natural environment.



If facilitators have a chance to take the children out, this activity is best done outside (in a forest or in a park near the school). If not, the facilitators can prepare some pictures or images of trees that they can find on the Internet. The pictures should be as detailed as possible.

Pencils

Sheets of paper with questions printed on them



Here are the instructions that the facilitator can print on sheets of paper and give them to each child:

1. Find your tree (if you are outside this is then a real tree; if not, select one of the trees on the images).
2. When you have chosen your tree, please follow the instructions below.
You need to write a story about this tree. Take a few minutes to think and write about each step which is listed below, try to immerse yourself in what you are experiencing in each stage.
You are standing before your tree (or you have your picture of a tree before you). Try to imagine that the tree is talking to you as a person, as a friend:
3. "Hello, there!" the tree is saying to you. Try to feel my "hello" as intensely and closely as possible. Try to feel (with your body and mind) my branches, trunk and leaves. Look at me from all perspectives (from far, from near, from up, from below).
4. Pay attention to how my trunk changes from my roots to the branches and into my leaves, my needles... Now, choose one branch or leaf on me and with your eyes follow the connection from the leaf to a trunk and back.
5. Can you imagine how I look through all seasons? How does my inside look like and feel like?
6. Think about what I need to survive. Imagine how I looked as a young tree and what I have been through in my entire life. Think about my history.
7. Now close your eyes and think about me. How would you recognize me in a group of trees? Why I am special to you?
8. Write a short story about me.
9. If you are outside, take a small piece of that tree (leaf, bark, needle, cone, etc.) with you as a gift or you can just touch the tree for the last time and say thank you and goodbye.

Concluding phase of the activity

10. When all children finish the activity and return, ask them to pick one sentence from their story they like and read it aloud. Then you can all together discuss it, e.g. if and how they can connect the experience(s) of the tree with themselves.
11. Discuss why trees are important, what is their role on our planet Earth?
12. Discuss how would they feel if their selected tree was cut down and that tree would not exist anymore.
13. Everyone for themselves, including facilitator, should then write down on a joint sheet of paper one "honour promise" that is connected with preserving a clean environment and they will respect it for at least a year. Display the list of all promises on a shared space so everyone can see it in the classroom.