

WELLBEING WITH TREES



Overview

A selection of simple cross-curricular activities and games for KS2 groups, using trees in your school ground or local wildlife area

Session length 1.5 to 2 hours

Curriculum links

PSHE: communication, trust

Science: identification and classification

Maths: estimation

English: creative writing

Wellbeing: spending time in nature

Activity: What is this tree? Session length: 10-15 mins

Use ID guides to identify trees in your school. Leaves are the easiest way to tell the difference between trees: buds, bark, fruits, nuts, blossom and flowers are also helpful.

Suggested Resources:

Leaf Hunt worksheet (see page 5)

More tree ID guides are available at:

www.treetoolsforschools.org.uk

www.woodlandtrust.org.uk/blog/2020/03/tree-id-kids/

Activity: How tall is my tree? Session length: 15-30 mins

There are a range of methods to estimate the height of a tree, suitable for different ages and abilities.

Discussion point: why are trees different heights? (some trees have evolved to grow tall, some grow wide, some grow fast, some grow slowly)

Suggested Resources:

10 Ways to Measure a Tree

www.tl.org.uk/resources/measure-a-tree/

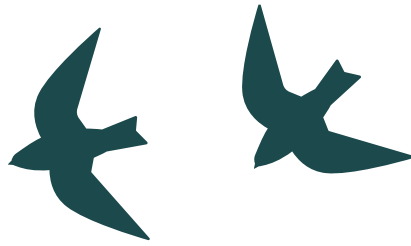
Tape measure, metre rulers, pencils

Tree math worksheet (see page 3)



Made possible with

Heritage Fund



Activity: *Bark rubbings*
Session length: 15-20 mins

Create bark rubbings from different trees.

Discussion point: what did you see living on the bark? Many species of animals and plants use the cracks in barks for shelter. Some even eat bark!

Suggested Resources:

Paper, wax crayons

Activity: *Tree poetry*
Session length: 20 mins

Working in groups of 4 or 5 children select their favourite tree, observe from a different perspective and write descriptive words. Words can be arranged and read out as a poem to the group.

Suggested Resources:

Pencil and paper/card

Activity: *Meet a tree*
Session length: 20 mins

Students work in pairs. One student is blindfolded and guided by the other student on a winding route to a mystery tree. When the blindfolded student reaches the tree they touch, smells and listen to the tree, before being guided back to the starting point and trying to identify their mystery tree. This works best where there are lots of similar trees to make it challenging.

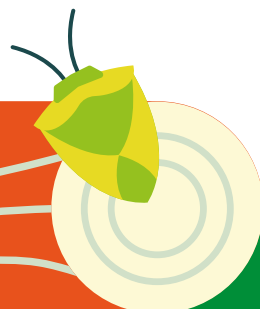
Suggested Resources:

Blindfolds or scarves

Activity: *Tree life cycle game*
Session length: 15-20 mins

Discuss the life cycle of a tree from nut to sapling to tree, then back to nut! Agree a movement for each life stage. Children walk around in a pre-agreed area as 'acorns'. When you shout 'life cycle' they must find a partner and play rock-paper-scissors. Whoever wins becomes a 'sapling', the other stays as a nut.

This game has no fixed end point, as neither does the circle of life!





Avon
Wildlife Trust



TREE MATHS!

METHOD	ESTIMATE OF TREE HEIGHT IN METRES	HOW ACCURATE IS THIS METHOD?
1. <i>Compare tree to another object</i>		
2. <i>Look through your legs</i>		
3. <i>Use a pencil</i>		
4. <i>Your own method</i>		



Made possible with

Heritage
Fund

LEAF ID!

How many different trees can you discover?



Avon
Wildlife Trust



Alder



Ash



Beech



Field maple



Elder



Hazel



Horse chestnut



Holly



Rowan



Hawthorn



Birch



Sycamore



Oak

Photos Top row L-R: Philip Precey, Mark Hamblin/2020Vision, Ben Hall/2020Vision.
 Second row L-R: Philip Precey, Joanna Richards, Dr Malcolm Storey.
 Third row L-R: Paul Hobson, Mark Hamblin/2020Vision.
 Fourth row L-R: All Philip Precey.
 Bottom: Dr Malcolm Storey.



Made possible with

Heritage
Fund

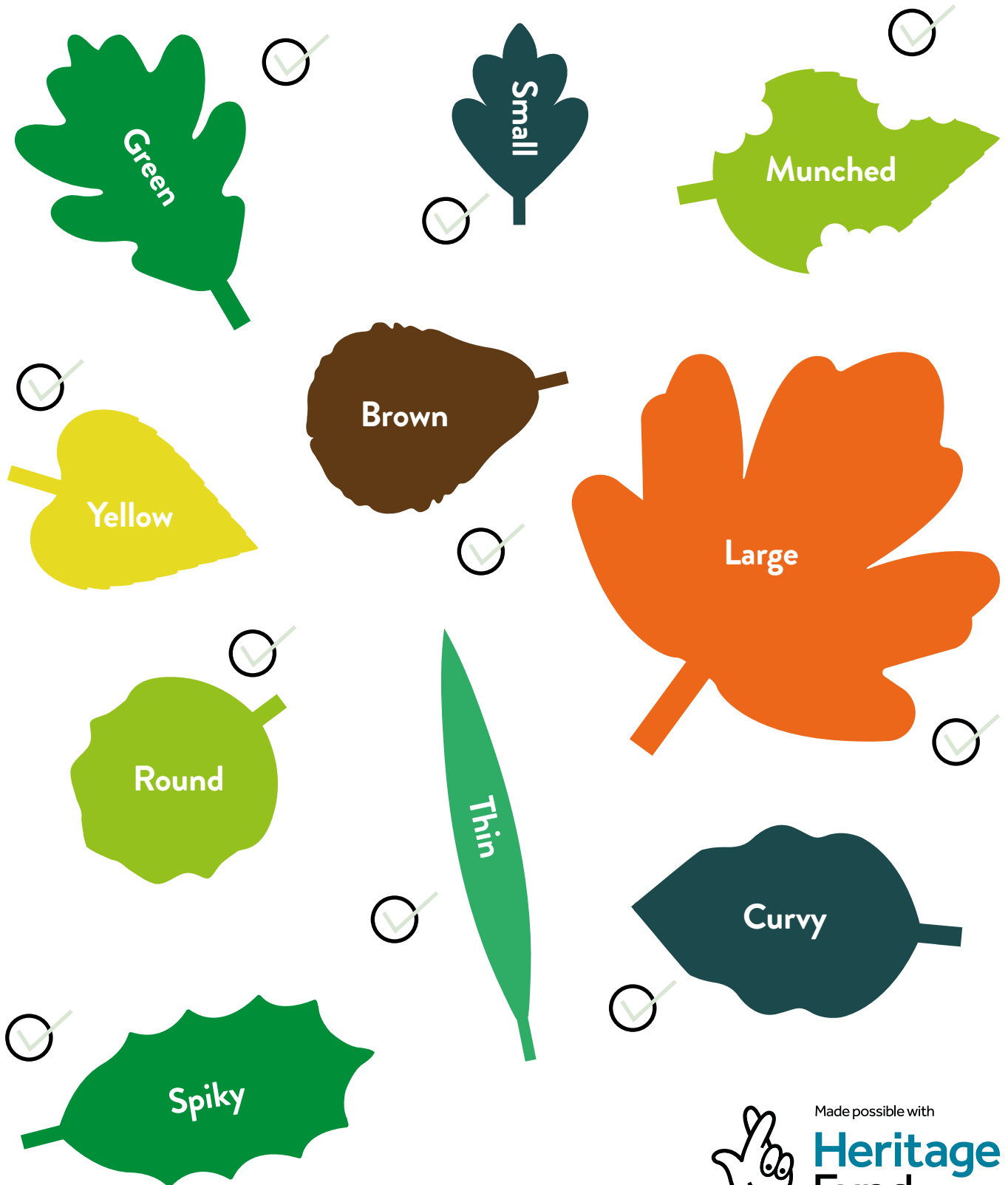
LEAF HUNT!



Avon
Wildlife Trust



Can you spot these 10 different kinds of leaves?



Made possible with

Heritage
Fund



Avon
Wildlife Trust



MORE IDEAS

TREE POETRY

I'm a water-sipper, lake-dipper, friendly-back for picnic-tripper

Wind-breaker, shadow-maker, home-for-blackbird – don't awake her

Leaf-bearer, fruit-sharer, twisted-trunk and bark-wearer

Felled-in-one, soon I'm gone, crashed to earth – my day is done!

Stripped quite bare, shaped with care, made into a wooden chair

Great-to-see, lovely tree, when you're sitting – think of me!

Brenda Williams

Activity: How old is this tree?

You can estimate the age of a tree by measuring its girth (circumference) at 1m above ground level. Trees grow at different speeds depending on the species, the habitat, and how much competition for light there is.

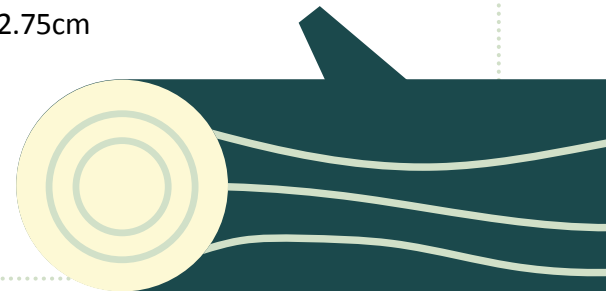
Growth of girth per year (cm).

Average: 2.5cm

Oak and beech: 1.88cm

Pine and spruce: 3.13cm

Sycamore: 2.75cm



Activity: Who visits this tree?

Can you record all the species that depend on a tree of your choice?

As well as tree shaking you could:

- complete a bird survey
- look for tracks, trails and signs of small mammals
- put up a trail camera to see what animals visit your tree.

There are lots of spotter sheets to help with this at

wildlifewatch.org.uk
and bathscape.org.uk

Activity: Tree shaking

Put a white sheet on the ground underneath a tree and shake or disturb its branches. Many different invertebrates may drop onto the sheet, which can be observed, identified and classified. You could even make home-made pooters to collect the invertebrates.



Made possible with

**Heritage
Fund**