



Tree Journal Sensory Activity

Give students a few minutes to use their senses while examining their tree. Perhaps they can sit on the ground around their tree and close their eyes for a few moments. Encourage students to volunteer to describe their tree. These words can be recorded in their Tree Journal. Use the questions below to prompt discussion.

My tree looks like. . .

What does your tree look like? Is it alive? Why do you think so? What season is it, will this affect how it looks? How is your tree different from those around it? What colours do you see?

My tree feels like. . .

Rub your hands along the bark of your tree. Is it smooth or rough? Sticky? If you can reach some leaves gently touch them. Are they spikey or soft?

My tree smells like. . .

What smells are around your tree? Are they natural or artificial? Pleasant or unpleasant?

Being near my tree makes me feel. . .

Lots of people feel that being in nature calms and relaxes them. What words do you have to describe your mood?

My tree sounds like. . .

Close your eyes and listen. What do you hear?



Adopt a Tree
Sensory Activity



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My tree feels ...

My tree smells...

My tree sounds...

I feel...



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