

Hug a Tree

Guess which tree you met after a non-visual sensory close encounter!

12+

Mental and
Emotional
Wellbeing



Background

Playing in the woods does not need to be the reserve of the early years as this restorative playful activity demonstrates.

It supports **emotional wellbeing** amongst more mature pupils as they get to know each other better and **build trust**. Pupils may need reminding to take care when guiding their blindfolded partner in this way building their capacity for kindness and **empathy**.

The close encounter with the tree can also be a **mindful** experience as pupils are required to engage less well used senses to help them.

Equipment

- Blindfolds
- A wooded area with mature trees

Activity

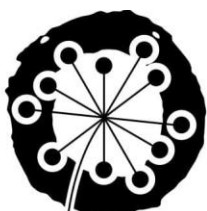
1. Organise the pupils into pairs.
2. One pupil in each pair is blindfolded.
3. The blindfolded pupil is carefully led to a tree by their partner.
4. They meet the tree and try to memorise the size, shape, texture location and any other defining features.
5. The blindfolded pupil is then returned to the starting point.
6. Their challenge is to relocate the tree that they just met with their blindfold off.
7. The partners can then swap over.

More challenging

Take a more convoluted route to the tree and even spin the blindfolded person a few times before taking them there.

Adaptations

Why not try identifying different textures when blindfolded you could even use bare feet to identify the natural materials held in different bags!



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