

Journey Day
Thursday 9th December 2021

Forest School Session

Resources- Blind folds, tree identification charts
45 mins

Introduction (10 mins) Benefits of trees- Ask the children to share their knowledge/facts about the benefits of trees in the fight against climate change.

- Trees give off oxygen that we need to breathe.
- Trees reduce the amount of stormwater runoff, which reduces erosion and pollution in our waterways and may reduce the effects of flooding.
- Many species of wildlife depend on trees for habitat.
- Trees provide food, protection, and homes for many birds and mammals.
- Emission Combater-If a tree absorbs 1 ton of carbon over its lifespan, it's like erasing 11,000 miles of car emissions.

Trees are a huge benefit in the fight against climate change so we are going to do a couple of activities that involve exploring the trees in the Forest School area. It is really important that we look after our trees.

Split the Class into two groups-both groups need to do both activities.
Tree identification and tree hugging.

Group 1

Tree identification (15 mins)- group work using tree guides

Basic tree identification tips

The UK has at least fifty species of native trees and shrubs, and many more species of introduced non-native trees.

There are lots of features that give you clues to what species it is.

- Look at the leaves or needles. Is it a broadleaf (usually deciduous) or is it a conifer (usually with needles or scales)?
- Different features will be visible through the seasons. In winter, for broadleaf trees, you'll have to use twigs, leaf buds and bark.

- Take notice of the surrounding area such as hedgerows, fields, parks, woodland or close to water. Some species are more likely to grow near water, in scrubland, parkland or in woodland.
- Piece the clues together, including the overall shape and size of the tree, bark, leaves or needles, flowers, fruits, leaf buds and twigs. The more features you can see, the more accurate your identification will be.

Use the Guide to **tree phenology** to identify the trees in the Forest School area. One of the trees in the Forest School area is not on the guide. Can you work out which one it is?

See woodland trust website [click here](#)

<https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/how-to-identify-trees/>

Group 2

Tree hugging (15 mins)

For this activity you are better working in groups of 3. Blind fold one person in the group, take them to a tree in the Forest School area - Let them feel the bark (Is it rough, smooth, bumpy?), smell it, can you put your arms around the trunk? Can you feel any branches? Give the tree a hug for 21 seconds- this is good for your emotional and mental well being.

Now take your partner on a walk away from the tree to disorientate them. Take the blindfold off and see if they can take you to the tree that they hugged. How did they know it was that tree? Now blindfold the other person in your group.