

# Blindfold tree exploring



winter

This is a fun and interesting way to explore trees.

Bring something you can use as a blindfold with you such as a scarf.

Choose someone to lead, and someone to wear the blindfold.



Look for a tree that is safe to reach (no burrows or roots to trip over). The lowest branches must be above the height of the person.

Carefully lead your friend to the tree, avoiding obstacles and holes. Before they can stretch out and reach the tree tell them to **STOP**. Tell them to reach out their arms, and take tiny steps forwards until they reach the tree (you may need to help guide their hands).

Ask your friend to feel the texture of the bark, smell it, and try to hug the tree. Lead you friend back, gently turn them around a few times so they will find it difficult to know which way they were taken and then ask them to take the blindfold off. Can they find the tree you took them to? Does it feel and smell the same?

Now its your turn!



learning through the seasons