



## PROJECT #38

# MAKE FRIENDS WITH A TREE



Did you know that trees make very good friends? Especially when we're feeling sad or stressed. There have even been scientific studies showing how trees can calm our worries and help us feel more peaceful inside.



Also, watching trees change throughout the seasons is a great reminder that we're always changing, too, and that our sadness or worry will eventually fall away, just like the leaves.

### Step 1 of 10

For this project, you will need:

1. A tree!
2. A journal
3. Something to write and draw with, like a pencil, colored pencils, and crayons
4. Optional: A phone for taking photos of your tree



### Step 2 of 10

The first step is to go for a walk and choose your special tree. It doesn't have to be a big or fancy tree, just one that speaks to you. Just be sure that your tree is near your home or school so you can visit it often.



### Step 3 of 10

Next, take five minutes or so to get to know your tree. Just like people, every tree has its own personality.

What shape is your tree?

What kind of leaves does it have?

What does the bark feel like?

Are there any interesting marks or holes in your tree?

Are its branches straight or crooked? Thick or thin?

Are there any roots above the ground that you can see?

Do you see any nests in your tree? Any bugs or other wildlife that you can see?



### Step 4 of 10

Now that you've gotten to know your tree, it's time to open your journal and write or draw some of the details you noticed. If you want to, you can also take photos of your tree to document how it changes over time.

Be sure to also write down where your tree is located so you can find it again!

Here are some other ideas you can try...



### Step 5 of 10

1. Start a "dear tree" diary in your journal.

Sharing your thoughts with your tree can be very helpful when you're going through a hard time. And trees are very good listeners!



### Step 6 of 10

2. Press leaves and flowers (if your tree has them) between the pages of your journal. You can do this each time the leaves change color.



### Step 7 of 10

3. Make a tree bark rubbing by holding a page from your journal up against the bark and rubbing the side of your pencil or crayon against its surface.

As you rub, you will start to see the tree bark's texture on your paper.



### **Step 8 of 10**

Now take some time to think about why you chose your tree. Is there anything about your tree that you can relate to, or that speaks to your heart?

For example, maybe your tree has a branch that you can sit on, and sitting in trees gives you a calm and happy feeling.

Or maybe you chose a crooked tree, which can be a reminder that you don't have to be perfect to be beautiful!

When you figure out your special connection to your tree, write your thoughts down in your journal.



### **Step 9 of 10**

You now have a BTF (best tree friend)!

We recommend visiting your BTF at least once a week and keeping track of your thoughts, feelings, and observations in your journal. Be sure to give yourself plenty of time to just sit peacefully with your tree and breathe in the fresh air.

### **Step 10 of 10**

Want to add a photo of your BTF to our gallery? Just click below!