



Why are
trees so
important?

TAKE IT FURTHER:

THINK

What curiosity questions can you ask?

e.g. What is the role of a tree in an ecosystem? Why are trees all over the planet? What is the significance of ancient forests and woodlands? Why are rainforests so important?

FEEL

How might different people feel about this?

e.g. How do you feel when you are surrounded by trees? What is forest bathing and why does this make people feel good? How do you feel when you see trees being cut down?

CONNECT

What links can you start to make?

e.g. What is the role of each part of a tree? What is the relationship between humans and trees? How do trees communicate with each other? What is the ecosystem of a fallen tree? Why isn't planting a new tree when you cut down a tree the same as keeping an old tree?

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Activity ideas:

1. Did you know that trees talk to each other?! There are amazing networks of communication underneath the ground that trees use to pass messages to one another, to support each other and to build communities.
Take a look at this short video to learn more:
[How trees secretly talk to each other](#)
2. How many trees live in your local area? Take a walk in your local area and (if possible) photograph all of the different sorts of trees that you see (if there are a lot you may decide to stop at around 10 or 15). When you get home, look up each type of tree and make a tree chart to note down which trees live in your neighbourhood, and (if time and interest allows) what sort of creatures live on each tree. Use this handy tree dictionary to help you:
[A-Z Guide of trees](#)
3. Have you ever heard of an activity called 'forest bathing'? This is a Japanese practice and a method of relaxation, known in Japan as *shinrin yoku*. If you have any trees near to where you live, and are able to get to them safely, go and spend some time sitting quietly or walking quietly amongst the trees and 'bathe' in the forest.
You can learn more about forest bathing and why it is so good for you here:
[The beginners' guide to forest bathing.](#)

*USE THE **THINKER'S GUIDE** TO HELP YOU

What other activities could you do?

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RESOURCES:

THINGS TO READ



[What we can learn from trees](#)

(Article | *National Geographic*)

[The tree of life](#)

(Article | *One Green Planet*)

THINGS TO WATCH



[How trees secretly talk to each other](#)

(2 minute video | *BBC News*)

[The importance of trees](#)

(5 minute video | *Wordsmith*)

THINGS TO LISTEN TO



[The Overstory – Richard Powers](#)

(60 minute podcast interview | *Emergence Magazine*)

THINGS TO DO



[Plant some trees](#)

(Website and guidance | *The Woodland Trust*)

[Meditation on a tree](#)

(6 minute meditation | *ThoughtBox*)

[Meet our Habitats changemakers](#)

([Alex Tempest](#) | [Lelo Munis](#))

THINGS TO INSPIRE



[Explore our Habitats topic](#)

(A home-learning topic for 5-18 year olds | *ThoughtBox*)

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