

Nature at home

Experience the magic of
Forest School from home!



Meet A Tree

Without your sense of sight, can you recognise the tree you met?

This is an outdoor activity where one partner is blindfolded.

Step One

Blindfold one person. Their partner leads them carefully to a tree by holding their hand and making sure they do not bump into anything or trip over. You could take them on a long winding route and over obstacles.

Step Two

When you reach the tree, encourage the blindfolded person to feel the texture of the bark, see if they can put their arms around the tree, feel any roots or branches, leaves or seeds.

Step Three

Lead the person back to where you began, take off the blindfold and ask them to try to find their tree. Did they manage to find it?

Step Four

Swap over so you both have a turn



Kit List

- Blindfold or scarf
- An area with a few trees
- A partner

