

Meet a Tree

Can you use your senses to find out which tree you met? Trust your partner and get connected to nature.

Time | 20 mins

Cost | Free

Location | Outdoors/At Camp/At a centre

Group size | Pairs

You will learn

Value the Outdoors

Enjoy being outside, feel comfortable in nature, and feel connected to the natural environment.

Be active

Look after your body by being physically active.

You will need

- Blindfolds
- Access to outdoor space



Contact

Use your senses to tune into the sights, smells, sounds, tastes, and textures of nature.

[Discover the five pathways to nature connectedness](#)



Before you begin

- Check the location you plan to use. Make sure that there are enough trees for each pair or group, and where possible try and make sure there is a good variety of trees.
- Mark out a clear boundary for the activity, including a starting location.



Tree hugger

1. Everyone should get into pairs or small groups. One person in each pair or group should put on a blindfold.
2. From a set starting location, team members must guide their blindfolded teammate safely to a tree. *Make sure everyone wearing a blindfold walks slowly, with their hands out in front of them.*
3. The blindfolded person should use their other senses to get to know their tree: hug it, smell it, feel for knots or branches, and listen to the leaves rustling.
4. Carefully guide the blindfolded people back to the starting location.
5. Everyone should remove their blindfolds and try to locate the tree they went to, using what they learned about it.
6. After successfully finding their tree, or after three wrong guesses, the teammates should swap around. Repeat by blindfolding another team member and choosing a different tree.



Reflection

Time	Activity
5 mins	This activity was about valuing the outdoors and being active. In this activity you got out into nature and used your senses to learn new things. We rely heavily on our eyes to take in the world around us, but there are lots of things we notice when we use our other senses. When you touched the tree, what textures did you feel? Were there any senses you didn't use? Everyone tried to find their tree once the blindfold was taken off. How did you do it? You also had to trust your partner when you were blindfolded. How did it feel?

Change the level of challenge

Can anyone identify any of the trees they found? Try downloading a tree identification app or looking in a book. You could take pictures of the trees to take away and research later.

Make it accessible

Choose an area that's suitable for all members of your group. You could visit the area early and remove any large or obvious obstacles.

For anyone that does not want to wear a blindfold, consider closing their eyes or covering them with their hands.

All Scout activities should be **inclusive and accessible**.



Safety

All activities must be safely managed. Use the [safety checklist](#) to help you plan and risk assess your activity. Do a [risk assessment](#) and take appropriate steps to reduce risk. Always get approval for the activity and have suitable [supervision](#) and an [InTouch](#) process.

- **Outside activities**

You must have permission to use the location. Always check the weather forecast and inform parents and carers of any change in venue.

- **Visits away from your meeting place**

Do a risk assessment and include hazards such as roads, woodland, bodies of water (for example, rivers, ponds, lakes, and seas), plants, and animals.

You'll probably need more adult helpers than usual. Your risk assessment should include how many adults you need. The young people to adult ratios are a minimum requirement; when you do your risk assessment, you might decide that you need more adults than the ratio specifies.

Think about extra equipment that you may need to take with you, for example, a first aid kit, water, and waterproofs.

Throughout the activity, watch out for changes in the weather and do regular headcounts.

