

**Focus**

- Forest Appreciation
- Sensory Awareness
- Empathy

**When**

Daytime

**Where**

Forest/Wooded Area

**Group Size**

2+ people

**Ages**

4 and up

**What You Need**

Blindfolds

# Meet a tree

## What to do

You'll connect with nature in a deep and personal way by using your senses – especially touch – to “meet” a tree. This activity builds empathy, sharpens awareness, and leaves a lasting emotional impact.

## How to Play

### Pair Up

One person is the Explorer (blindfolded), the other is the Guide.

### Blindfold & Lead

The Guide silently leads the Explorer to a special tree – one with unique bark, shape, or features.

### Explore the Tree

The blindfolded Explorer uses their hands to explore the tree:

- Feel the bark's texture
- Hug the tree to sense its size
- Touch branches, leaves, knots, and roots

### Return & Remove Blindfold

The Guide leads the Explorer back to the starting point, possibly by a different route.

### Find Your Tree

With eyes open, the Explorer tries to locate their tree.

### Switch Roles

Let everyone experience both roles. Invite brief sharing or reflections if time allows.

### Why it's great:

This simple activity sparks connection, curiosity, and fun turning a tree into a lifelong memory.



### Tips

- For young children, pair with an adult.
- Let kids guide adults if supervised.
- Adjust walking distance by age/ability.
- Optional prompt:

*"Somewhere in this forest is a tree that's been waiting to meet you."*



#NatureNeedsHeroes

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