

Connecting Kids to Nature

Nature is a great teacher and getting kids outside to learn and play is good for their brains and their bodies. Try this outdoor activity from Project Learning Tree® - it's safe, fun, and educational!

Adopt a Tree

In this activity, children “adopt” a tree, deepening their awareness of individual trees over time and encouraging a greater understanding and appreciation of their local environment.

The next time you are on a walk in a familiar area, invite children to choose a particular tree to observe. Suggest they become better acquainted with it by using their senses of sight, touch, hearing, and smell to describe the tree. Encourage critical thinking by asking:

- Is this tree alive? How do you know?
- How is this tree similar to and/or different from other trees around it?
- How does this tree help the environment around it?

Complete the Adopt a Tree Journal Entry below. Revisit this tree on a regular basis throughout the year and in a variety of weather conditions. Have children guess reasons for the changes they see and then predict changes for the future.

Adopt a Tree Journal Entry

Date: _____ Time: _____

Location: _____

Describe the tree _____

What color is the bark? _____

Why did you choose this tree? _____

What type of tree is it? _____

My Adopted Tree



In the box, draw a picture of your tree or use a crayon or pencil to complete a leaf or bark rubbing.

Make Learning Fun!

Encourage your child's school to incorporate learning outdoors.

For more activity ideas and materials:

- Attend a PLT workshop, www.plt.org/state-network/
- Visit shop.plt.org

How many seasonal signs can you find?

Fall	Winter
• Leaf color change	• Bird migration
• Fallen leaves	• Increased precipitation
• Colder temperatures	• Bare branches



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