

# Hug a Tree

**Playing in the woods for all ages. Through trusting your partner it supports emotional wellbeing and empathy to guide carefully. Family interaction.**

Find an area where there is a good selection of trees close together. Maybe walk to a local park, there may even be somewhere on the way.

### Activity:

1. One person is blindfolded, you can use a hat, scarf or hooded top back to front.
2. Their partner is to lead them towards a tree, unknown to them.
3. Upon meeting the tree the blindfolded participant needs to memorise size, shape, texture, location and any other features.
4. They are then returned to the starting point, still blindfolded.
5. The challenge is to relocate the tree they just met, and hugged.
6. Take turns to swap roles and hug other trees.

### Notes:

*Make it more challenging by taking a more convoluted route before arriving at the tree to hug.*

*Adapt to identify trees with bare feet, instead of hands.*

Referenced from [www.getoutwiththekids.co.uk](http://www.getoutwiththekids.co.uk)

## Health and Wellbeing

*Understand link between physical and emotional well-being.*

### Time:

30 min plus

### Space:

Park / Forest

### Equipment:

Improvised Blindfold

