

The Tree is Like Me!

Comparing ourselves to trees might appear silly, but if we take a closer look we find that we are quite similar! Our body is like a trunk, blood like sap, arms like branches — we begin to see a resemblance. What about our needs? Water to drink, air to breath, food to eat — recognizing these similarities help us to tune into trees in a unique way. In fact, we soon see that “the tree is like me!”

What you will need

- A length of mural/butcher paper cut to the height of the participant
- Crayons, paint and/or markers
- Leaves, sticks and bits of bark
- Glue



Before you get started, lead participants through a visualization:

Sit under a tree, close your eyes, and try to imagine what it would be like to be a tree. Imagine:

- Your toes reaching down into the warm soil to become roots. Your arms reaching up toward the sun to become branches. Your hair and finger tips sprouting leaves.
- Your body strong and straight and covered with bark.
- Water soaking up into your roots.
- Carbon dioxide coming into your leaves and releasing oxygen. Birds landing on your branches.
- Spreading out their branches to create shade.
- And more!

Work together to:

- Lie down on the the length of butcher/mural paper - arms up.
- Trace around the body, creating individual life-size images.
- Draw in a face.
- Make the rest of the body look like a tree: body/trunk, hands and arms / branches, skin/bark, hair and fingers/leaves, feet and toes/roots, etc.
- Fill it in more by adding in animals, fruit, and gluing on bits of bark, leaves and branches.

Ask:

- What are the similarities between our bodies and the structure of a tree?
- What else do you think people have in common with trees?



TreePeople