

The Tree in Me asks us to pay more attention to how we feel inside, while also encouraging a connection to the natural world. Here are a few exercises to try after you've read the book.

Pay attention to how you feel as you do each of these exercises. Try them outside, surrounded by nature, or near a window where you can see out. Then try them inside, or away from the window. How does it feel different?

Reach your hands above your head and stretch up tall, like the branches of a tree.

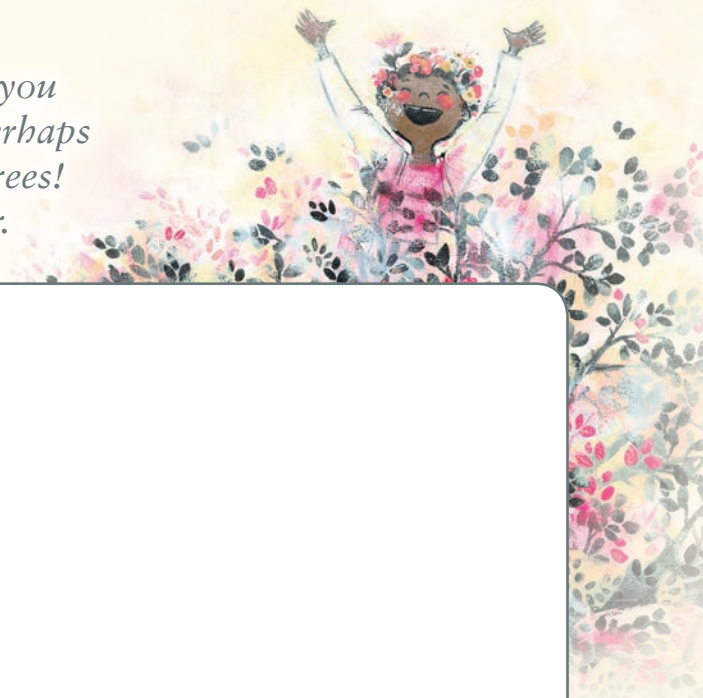
Now stretch your arms out to the side. Opening your chest to the world, as if you're absorbing the sunlight. Do you feel the warmth?

Next, crouch down on the ground and wrap your arms around your legs, like a stump or a seed about to sprout. Close your eyes. Do you feel closer to the earth this way?

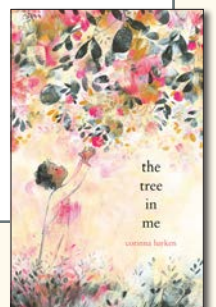
Finally, lie down on the ground with your legs straight and your arms by your side. Close your eyes. Can you feel your body relaxing into the floor or ground?

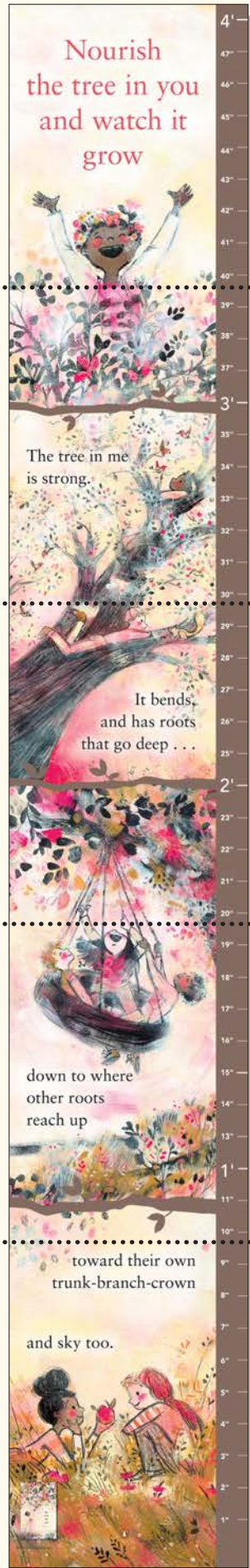


Using the space below, draw what the tree in you looks like. Is it a fruit tree? Or a strong oak? Perhaps you'd be a combination of different kinds of trees! Be creative and don't be afraid to use color.



The tree in me
is seed and blossom,
bark and stump,
branch and trunk,
and crown!

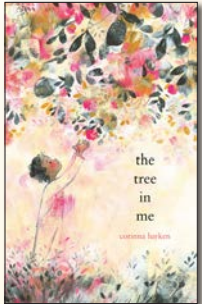




Just like a tree, you grow too! Sometimes it takes a long time for trees to grow. They might need a lot of water and sunlight, or just a little bit. But, just like you, they can grow and grow and grow!

With the help of an adult, print* and cut out the pieces of this growth chart on the following pages. Tape them together so that 1 inch is at the bottom and 4 feet is at the top. Once it's put together, hang it up in your room so you can track your own growth!

*Make sure your printer is set to print at 100% scale so that the measuring marks will be accurate!



Nourish
the tree in you
and watch it
grow



4' —

47" —

46" —

45" —

44" —

43" —

42" —

41" —

40" —



39"

38"

37"

3'

The tree in me
is strong.

35"

34"

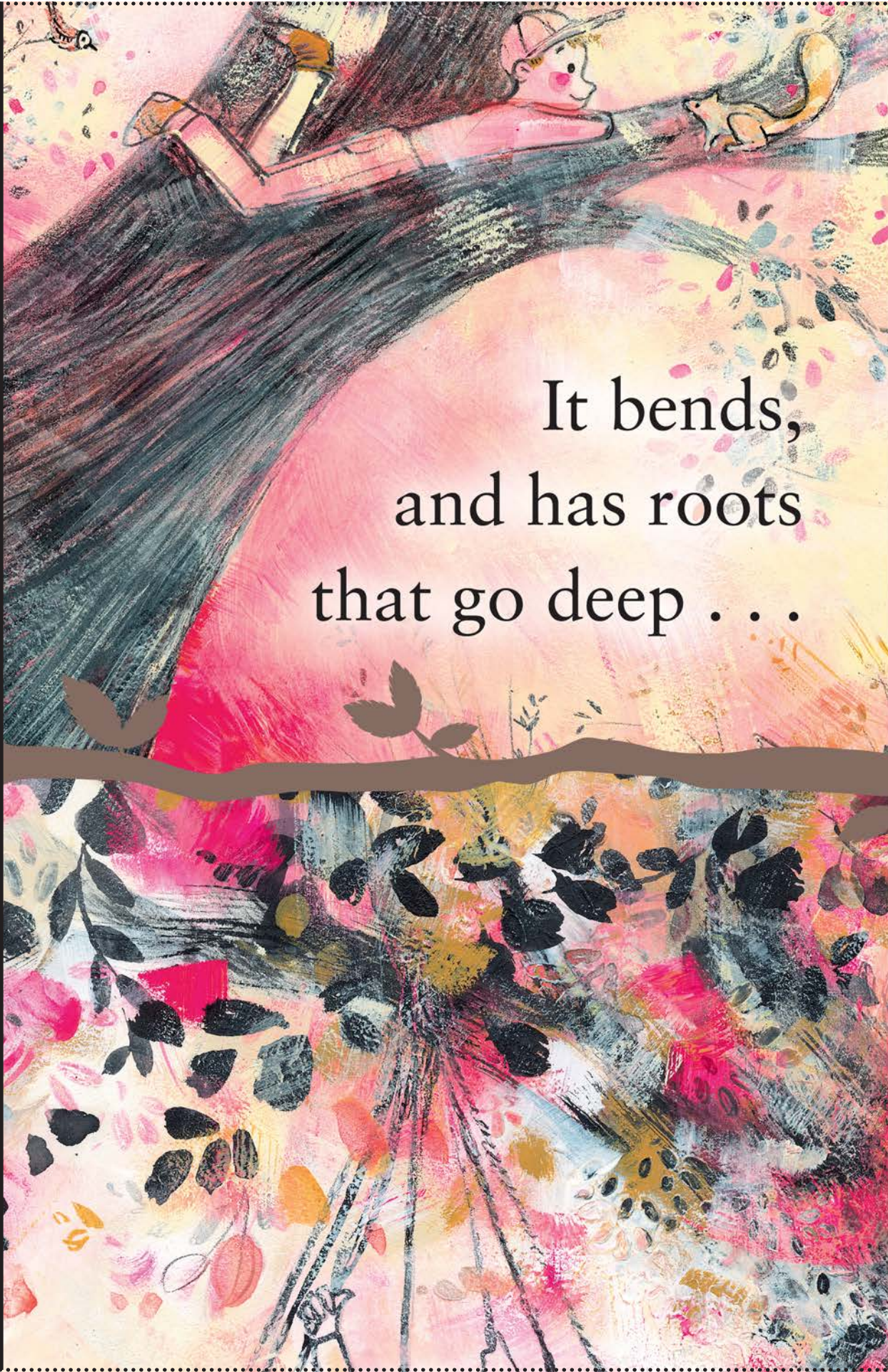
33"

32"

31"

30"





It bends,
and has roots
that go deep . . .

29"

28"

27"

26"

25"

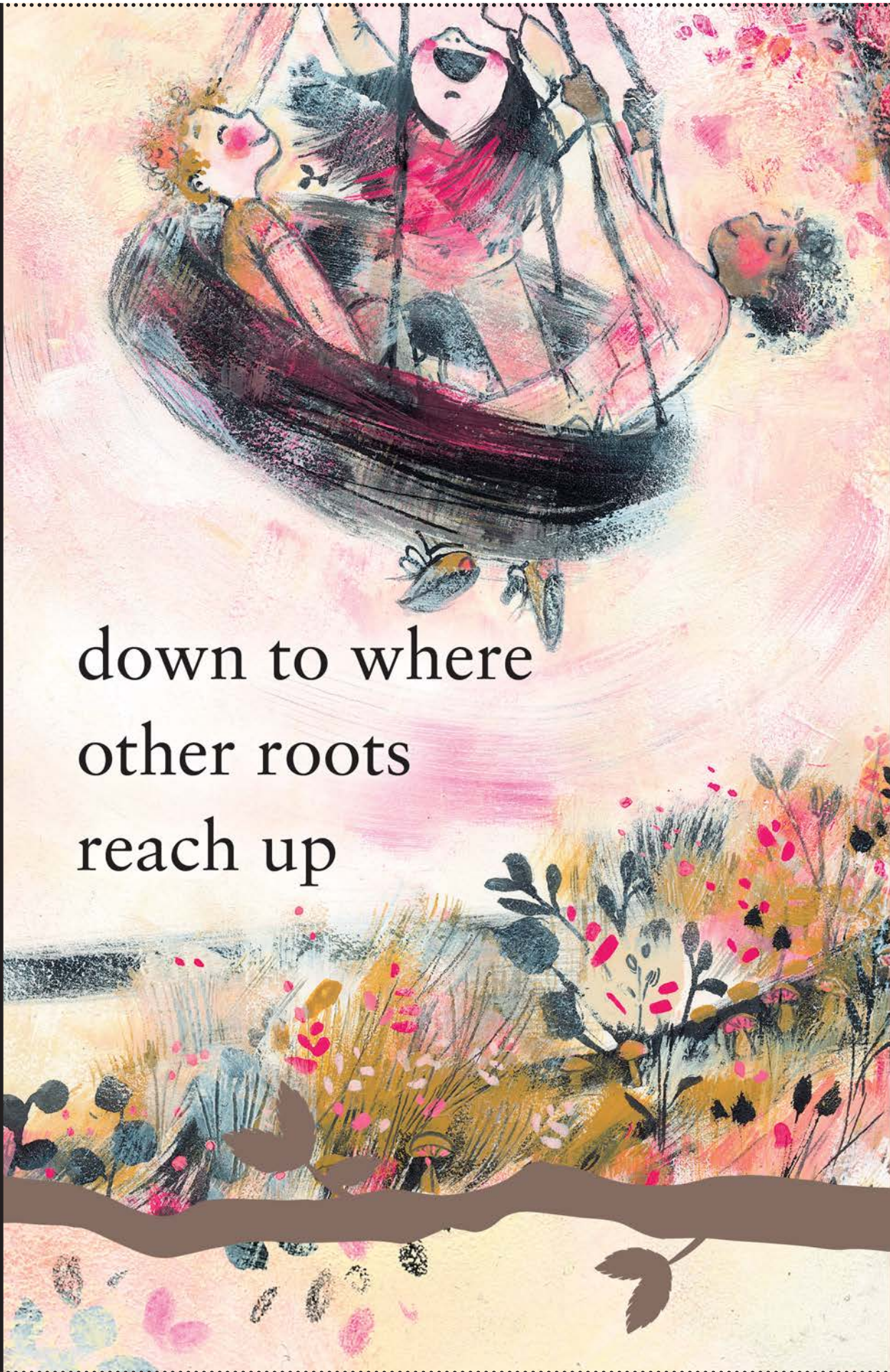
2'

23"

22"

21"

20"



down to where
other roots
reach up

19"

18"

17"

16"

15"

14"

13"

1'

11"

10"

toward their own
trunk-branch-crown

and sky too.



9"

8"

7"

6"

5"

4"

3"

2"

1"

