



Native Tree Leaves Activity Set

Activity #9: Tree Yoga

Let's get our mind and bodies connected with trees by doing some tree yoga.

Goals:

- Understand how trees grow and anchor themselves to the ground

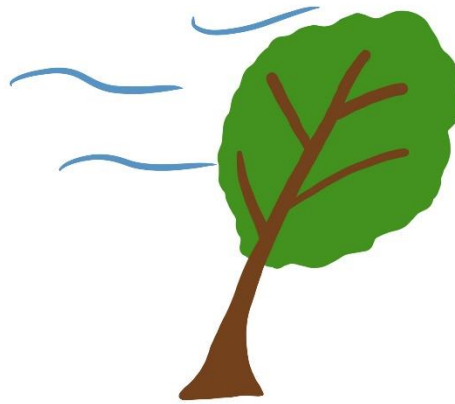
Materials:

- None

Exercise 1: Tree Yoga Pose. Invite the students to hold the tree yoga pose (shown in the picture below). The tree yoga pose aims to improve a person's balance and stability. When the students hold this pose, they can imagine their feet acting as the foundation for their balance, just like a tree's roots anchor the tree in the soil. When the students extend their arms up, it's as if they're reaching up towards the sunlight just like the branches on trees grow up towards the light.



Exercise 2: Old vs Young Trees. Older trees tend to have thick sturdy trunks that resist harsh winds and stand firm when faced with bad weather. Younger trees tend to have thin flexible trunks that sway in the wind. Have the students create yoga poses that represent how old and young trees stand.



Old Tree vs Young Tree

Exercise 3: Growing tall or wide. Trees need to position their branches towards the sun so that their leaves can photosynthesize (create energy from sunlight). When trees grow in open fields, they tend to stretch their branches out towards their sides so that their leaves can receive lots of sunlight. Trees that grow in forest must compete with their neighbors for sunlight. Trees in forest tend to grow their branch up to avoid being shaded out by their neighbors. Have the students create yoga poses that represent how trees growing in a forest and a field hold their branches.