



Wellbeing in the WOO

This activity is best undertaken during SPRING and SUMMER. You need to catch the trees while they still have plenty of leaves on them!

SAFETY

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Make sure you pack some water for the walk.

Check the weather - don't walk in the forest if it's windy!

Wear clothes with long sleeves and legs to protect from bug bites.

Take a walk to your local woodland. Ten Acres has a re-wilded section from Cartland Road with a path running though it.

Stick to the path. If it's a big forest - tell someone where you are going.

HOW TO DO IT

It's really easy to start learning tree identififcation! Find the leaves on the next page on your walk and see if you can remember what they look like on your next walk!

Draw them, create a nature journal, test your knowledge and keep practicing.

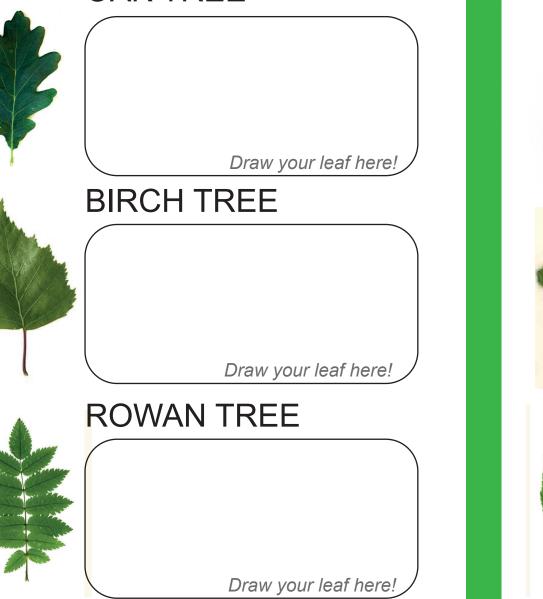
The way we identify trees changes in different seasons, you'll need our twig identifier sheet for winter.





All of these trees can be found on the Ten Acres site

OAK TREE



Sustainable Life

Draw your leaf here!

Draw your leaf here!

Draw your leaf here!

WILLOW TREE

HAWTHORN TREE

HAZEL TREE