

Sitting quietly in nature and observing the life and patterns going on around you can be a relaxing experience. Recording your feelings, thoughts and observations in a Nature Journal will help you reflect on the experience and can set the stage for future observations and reflections.

A Tree's Life

Have you ever wished a tree could talk to you? Would it not be fascinating to listen to what it has seen and experienced? Now is your chance to imagine!



For a little inspiration, here's a sample poem:

Brown Thrasher

Where are you?
"I know you can't seem to find, find me,
But I'm sitting out at the top of my tree, tree
For all to see, see."

Why is your call changing all the time?
"I'm mimicking, mimicking other birds, birds
The more different calls I sing, sing
The better I sound, sound
Don't you think, think?"

Who are you calling?
"My love, love!
We will build a nest, nest of sticks, sticks.
Then will come the eggs, eggs.
And I will have my children, children."

Brown thrasher, I wish you happy singing, singing!

Materials:

Nature Journal
Pen or pencil

Instructions:

Each tree has a story to tell. Interview a tree in your yard. As you interview, try to see things from a new point of view and write answers that tell how your tree might respond. Use your imagination to come up with your own questions and answers. Write a poem that tells the story of your tree.

Here are a few interview questions to get you started.

- How old are you?
- Where did you come from?
- What challenges did you overcome growing from a seed to a sapling to a tree?
- Who comes to visit you?
- What can you see from your very top?
- Are there any "predators" that you have to watch out for? What do you "eat"?
- What events have you witnessed?
- How has your view changed over the course of your life?
- What do you think you might see before you fall and decompose?

Having fun?

Tag [@naturalsciences](#) on social media, so we can see you and your loved ones enjoying your nature neighborhood.