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| **Hug A Tree—We Suggest Using the Amphitheater for this Activity** |  |

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| **Hug A Tree**   * Start on a track in a pleasant forested area.http://www.wilderdom.com/images/TreeHug.jpg * The purpose is to get people engaged in non-visual, intimate encounter with trees, as well as the terrain. * The activity also works well as a trust-building activity. * The groups needs reasonable maturity, such that the blindfolded people are cared for (golden rule: a blindfolded person must always be holding someone else's hand - or a tree) - watch out for careless guiding especially from macho males. * For mature groups, a briefing may be enough; for less mature groups, do a demonstration. * In pairs, one is blindfolded. The blindfolded person is to be the tree-hugger. * The leader should spin the blindfolded person around a few times, so they are a bit disorientated. * The tree-hugger is lead through the trees and then placed next to a special tree. The tree-hugger touches the tree and tries to memorize its size, shape, location, texture, etc. * The tree-hugger person is lead back to the starting point, takes his/her blindfold off and tries to locate his/her tree. * Swap. Usually participants like to have a couple of turns at being blindfolded and trying to find a tree. |  | **Equipment:**  Forested area. Blindfolds.  **Time:**  Total ~ 10-30 minutes. Plus to location. Discussion (optional) ~ 10 min.  **Brief description:**  In a forested area, pairs take turns being blindfolded, lead to a tree (for touch and feel) and then lead away. After removing the blindfold, the tree hugger tries to locate his/her tree. |