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

|  |  |  |
| --- | --- | --- |
| **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. |