

The Secret Life of Trees

Go for a walk in your local area and take special notice of the trees.

Why do you think trees are important for us and our environment?

Perhaps you know about the way that trees make clean air for us to breathe, by absorbing Carbon Dioxide from the atmosphere and giving out Oxygen? Maybe you've seen how many birds and squirrels and creatures make their homes in tree branches? Or maybe you love to climb trees and swing from the branches yourself?



Choose one special tree and spend some time getting to know it. The best way to start, is by **giving it a hug!** No, seriously! By stretching your arms around the tree, you can start to figure out roughly how old your tree is.

Use this table to work out the age of your tree:

One person can reach their hands all the way round	Less than 50 years old
Up to two people needed to 'hug' the tree	50- 100 years old
Three people or more	More than 100 years old!

There is a fun way to work out how tall your tree is too!

You will need:

- An object to use as a marker (it could be your coat or a hat!)
- A tape measure

What to do:

1. First, you must take a few steps away from your tree and bend over to look back at your tree through your legs.
2. You must be able to see the top of your tree through your legs, so if you can't see it yet, move further away from your tree until you can!
3. Once you can see the top of your tree through your legs, place a marker at your feet.
4. Finally, take a tape measure and measure the distance between the marker and your tree - this length is the same as the height of your tree! For example, if it was 10 metres from your marker to the tree, your tree is 10 metres tall!



Have you given your chosen tree a name?

Perhaps you'd like to identify it and find out its species name? These handy guides from the Woodland Trust can help you! If it's summertime, you can use the leaves to help you identify your tree, check out the leaf ID guide [here](#).

If it is winter, identifying your tree is a bit more tricky, as most of the leaves will have fallen off. Try this [twig ID guide](#) to help you instead.

Have fun, and share your favourite trees with us! [@OurDynamicEarth](#)

