



Tree Wonder Challenge

Sit quietly for
two minutes
without talking

Listen to the
wind in the
leaves

Find
something that
surprises you

Find
something
you've never
noticed before

Watch one
small insect
for one
minute

Thank your
tree for
providing
shade, shelter,
or beauty

Imagine what
this tree looks
like in another
season

Notice one
thing that
makes this
tree unique

Find something
that fills you with
wonder

Take one slow,
deep breath
while looking
up into the
branches

Give your tree
a name

Tell a short
story about
your tree

