

HERE



NATURE ACTIVITY

MY TREE FRIENDS AT BISHOPS PARK

Walk through Bishops Park and choose a tree your little one feels curious about. Gently touch the bark together and notice what it feels like. Is it rough, smooth, or bumpy? Look closely at the colours, lines, and shapes that make this tree unique.

Place a hand on the tree and take three slow breaths together, feeling calm and steady like the tree. Listen for birds, leaves, and wind. When you're finished, say a little "thank you" to your Tree Friend before you go.

Bishops Park has a beautiful tree trail and riverside willow trees to explore!

Spending time near trees helps children and adults feel calmer and lower stress. Looking at green leaves and touching bark can slow the heart rate and relax the nervous system.

MY TREE FRIENDS



1. My Tree Friends

Draw, Colour and Describe

Where in the park? (circle) Trail / Riverside / Near Playground / Other:

2. What I Noticed

Touch: rough / smooth / bumpy / soft (circle)

Colour(s) I saw:

Sounds I heard:

3. Breathing Together

We took _____ breaths together.

How did it feel? (circle) Calm / Happy / Sleepy / Busy / Other:

4. My Favourite Moment

Draw, Colour and Describe



Parent Note: One small change I noticed after the activity: