**Take a Mindful Moment With the Trees**

Nature is a wonderful place to go and relax and enjoy the beauty around us. For this activity, go out in your backyard or somewhere close to home that is ok with your parents and find a nice tree to sit under. Once you are settled, just breathe in the fresh air and look around at everything. Now you are ready to do the **FIVE SENSES ACTIVITY:**

What are **5** things that you see? Look around and notice 5 new things.

What are **4** things you can feel? Notice the ground, a leaf, a rock.

What are **3** things you can hear? Listen to all the sounds around you.

What are **2** things you can smell? Take a deep breath and notice the smells of nature.

What is **1** thing you can taste? Have a snack and notice the taste.

**Want to learn more about how trees are special and how to identify different kinds of trees?**

If so, take a look at this next story and video links provided by the ASD-N First Nations Team:

ASD-N Weekly First Nation Education K-12 Volume 1 Issue 1 DATE May 11, 2020. Mother Earth is our giver of life. Everything we require for a healthy and happy life comes directly from Mother Earth. One such item that she gifts us are **trees.** Trees are an essential part of living healthy and happy lives. Trees reveal our connection to Mother Earth through the root system that is intertwined between all trees in each forest. That connection teaches us that when we are connected to others in our homes, friendships, schools and communities we gather knowledge, strength and support from each other. Trees show us the gift of generosity, by giving habitats and nutrients to other plants and animals. They in return are given the resources from those plants and animals to continue to grow strong. Trees help us by cleaning our environment and giving us clean air to breath, in return we give thanks by keeping our forests and land clean by reducing, reusing and recycling our waste. Another wonderful thing the tree does for us is to help our heart and mind; they give us a calm place to sit and listen to the breeze rustle through the trees as we think about the good things in our lives, a comfy shaded spot to read or sit and watch the beauty that is all around us.

SciShow Kids YouTube Channel

Life as a Tree - Jessie and Squeaks share with us the story of a trees life by looking at the rings of a tree <https://www.youtube.com/watch?v=MwNJC-IRgPE>

Trees that never lose their leaves - Jessie and Squeaks talk about evergreen trees; how they grow and how they keep their leaves all year round. <https://www.youtube.com/watch?v=hwfQEK29Wrg>

Pine, Fir, Spruce - Jessie and Squeaks use their field journal while they learn the difference between Fir, Pine and Spruce trees <https://www.youtube.com/watch?v=qFVh2fTR2XA>

Why do leaves change colour in the fall? - Jessi shares with us why Autumn means leaves turn different shades of red, orange and yellow and fall to the ground. <https://www.youtube.com/watch?v=Xk4-6II8l5Q>