

Trees and You

Trees and woodlands offer endless fun and adventure. You can climb trees, explore trails, and spot amazing wildlife such as woodpeckers, butterflies, squirrels, and maybe even slowworms or lizards! Woodlands are like a playground where you can rest, play, and discover new things every time you visit.

Ask an adult if they can build you a treehouse or put up a swing on a sturdy tree branch.

Read a book in the shade of a tree.

Have a picnic with a friend among the trees.

Take a little nap under a tree.

Climb trees with your friends—but always take care!

Take a gentle stroll through the woods.

DID YOU KNOW?

Woodland walks are a great way to enjoy nature and calm your mind. Also, in some places walkways have been built high up in the treetops!