



# The Tree and Me

**SEASONS**  
DIGITAL

**Welcome to *Seasons*. We are so pleased you have joined us today!**

***Seasons* is a series of stories (also available as an audio version) by Miss Jacqui commissioned by Upswing for you to enjoy in your favourite park, garden, or any small patch of green space you can find, but you can still have lots of fun at home as well.**

**Are you ready?**

Have you ever wondered what it must feel like to live at the top of trees?

I love to climb trees, it makes everything else seem small the higher you go  
When you find a good branch to perch from, you feel like the ruler of your own nest  
And sometimes you feel like a hungry squirrel gathering nuts  
What animal would you be up high in the tree?  
Tell me what you see

What it must feel like to have space to stretch?

The air is clear and your lungs thank you for just inhaling  
There is just enough of a breeze to give you chills  
You and the tree are connected before you realise that the sun has started to spy on you  
Shadows entertain themselves under the sun and the trees having conversations  
The wind tries to comb through your hair and you don't mind  
You can hear the leaves on the trees boldly whisper to each other  
You remember being silent is sometimes worth it

Did you know that some scientists think that even in a forest of trees - a tree can recognise their little seedlings and can help them grow?

Just how the people that love us know who we are and help us grow.

The tree reminds you that you are only as old as you feel, and right now you feel ageless.  
You are finally high enough to hear birds flap their wings just before they take off.

Trees can teach you many lessons like  
How to root yourself in soil that nourishes you,  
How to grow even when you're told not to,  
How to stretch out your branches because we're not meant to be in boxes.  
Trees know how to grow while giving each other space to do the same.  
If trees could speak, I wonder what they would say, what secrets they hold.

*Actually, did you know... Trees can talk to each other? Trees can speak through their underground roots.*

I like placing my hands on the trunks of trees and tracing the bark.  
No tree is ever the same, they are as unique as fingerprints.

*Did you know... As trees grow, they add a new layer of wood to their trunks? If you count each ring, you can guess how old a tree could be.*

Trees grow and change just like you.  
Year after year,  
Season after season,  
Think about how much you've grown in the space of a year.  
Did your hair grow like leaves on trees?  
Did you get a little taller like branches growing upwards?

Trees know how to be a home  
Know how to give shade and shelter when needed  
Know how to stand tall just in case you'd like to climb one.  
Trees know how to be trees, and that is magic in itself.

Some trees can live for hundreds – and sometimes even thousands – of years. Can you imagine that?

### **Let's invent a story about a tree...**

Can you find a tree to sit under? It's ok if you can't get out today, you can imagine your favourite tree.

Have you found a tree? Or have you pictured one in your head?

Let's settle underneath.

Close your eyes and take a few moments to relax. Breathe gently in and out.

Imagine how long the tree has been here, imagine all the things it might have seen.

Take some paper and/or a voice recorder and write or record some ideas that you might incorporate into a story.

- Things that may have happened that the tree has seen, maybe a stormy night or a flood?
- A story about who might live in the tree, a family of squirrels or a lonely spider?

Can you make a story to share with your friends or family? Maybe you can create a new bedtime story for when you get home.

What else do you notice if you really look?

Each season brings exciting changes.

In Spring, can you find...

- new green leaves and sticky leaf buds
- different colours of blossom
- a piece of eggshell (look for fragments of shell that have fallen to the ground but stay away from birds' nests)

On a Summer's day, can you find...

- a caterpillar nibbled leaf
- a spotty ladybird
- a trail of ants climbing along the bark (make sure to look but not touch)

In the Autumn can you track down...

- a spindly spider web
- bright red berries
- twirling helicopter seeds

In Winter when the Trees when the trees are bare, can you see...

- a lacy leaf skeleton
- evergreen leaves
- an abandoned bird nest in the trees

Thank you for reading. My name is Miss Jacqui. If you've liked this experience, tell us about it on Instagram, Facebook or Twitter [@upswingaerial](#)

We'd love to hear from you and we'd love to see drawings or photos of what you've found in your natural world.

We also invite you to visit your local library where you can find a whole world of stories, poems and books that will help you discover more about the natural world around us.

We'd also like to thank our funders: The John Lyons Charity; Brent, London Borough of Culture; and Wembley Park Community Fund

And remember, you can come back to read this poem and do the activities as many times as you like. We hope to hear from you soon.