



My Mom Hugs Trees Activities

Many people, especially children today, are disconnected from the natural environment. We take the Sun for granted as well as other elements in nature. *My Mom Hugs Trees* fosters our connection to nature and helps children appreciate the world around them.

1. Why are trees important? Ask children to identify the various roles of things in our natural environment – trees, flowers, birds, moon, etc.
2. Take a nature walk and identify different types of trees, observe differences in bark, branches, limbs, trunks, height, width, color.
3. Observe different types of bugs and insects – identify how certain bugs and insects help us, e.g., bees pollinate flowers.
4. When bugs or insects are found indoors, gently place them back outside. Step over bugs you see outside.