

# **THIS IS MY TREE!**

There are many different types of trees in Seven Lochs. They provide homes for birds, insects, squirrels and other wildlife. Trees improve the quality of the air we breath by filtering out pollution and providing oxygen.



#### You will need

- My tree activity sheet
- Pencil



### **Keep in mind**

- If you climb a tree be careful - only climb as high as you are comfortable and make sure you can get down again
- Wash your hands after climbing trees

#### John Muir Award

Ø Discover



🚫 Explore



Share

# What to do

- As you walk around Seven Lochs look up at all the trees.
- Choose your favourite tree and complete the activity sheet for your tree.
- On the activity sheet, draw your tree can you come back to find your favourite tree another day?
- Come back during the different months and seasons. What is different about your tree? How has it changed?
- Can you climb your tree? What can you see from inside?
- Send us a photo of you with your tree on social media #SevenLochs

#### A great place for this activity is....

In the woods at:

- Cardowan Moss
- Bishop Loch Woodlands
- Gartcosh Nature Reserve
- Drumpellier Country Park











**MY TREE!** Activity Sheet

## Choose the words which describe your tree





