OUTWARD BOUND ROMANIA

INTERVIEW WITH A TREE

Outward Bound Romania



N° of pax 2-12
individual | group

outdoors

60 mins

direct experience with nature

PURPOSE

- Developing observation skills
- Developing self-knowledge
- Developing imagination
- Learning from nature

MATERIALS

- A piece of paper or a journal
- pen

PREPARATION

Look for a nearby park or forest with a lot of different trees.

INTRO

Changing perspective is an interesting way to learn new things. Imagining the life and the challenges of a tree can develop a sense of empathy and the imagination.

INTERVIEW WITH A TREE

STEPS

1. (15 min) Take a walk around your neighborhood or in a nearby park, forest, and look for a tree that invites you for interaction.



2. Watch it carefully, get to know it, do an imaginary interview with it about its life, its current situation. Try to learn about your choice in as many different ways as possible. Imagine what its life might be like and the kinds of experiences it might have had. While interviewing your subject and writing answers to your questions, try to see life from its point of view.

Some interview questions:

- How old are you?
- Where did you come from?
- Have you always been the size you are now?
- What is it like living in this particular place?
- What events have you seen in your life?
- Who comes to visit you?
- How do you help others?
- How do others help you?
- Is there something special you would like to tell me?

3. Write down the answers on a paper or in your journal.

REFLECTION

- What makes this tree resilient and adaptable?
- What similarities do you discover between you and the tree you choose?
- What can you learn from it?

COMMENTS

This activity can be done in a group as well, by adding a sharing circle to the end.