

Sensory adventures in the trees



Do you want to know how it would feel to walk in the canopy of the trees? Try this...!

Find a space in the Pinetum under the canopy where you can walk in a straight line for a reasonable distance without hitting a tree or taking a swim in a lake! Perhaps secure the services of a friend to guide you? We think the boardwalk or Dove Ridge (near the Gruffalo – see the map on **pages 1 and 2** to see where we mean) work well for this exercise.

Grab yourself a smart phone camera in “selfie” mode (a mirror works well if you are old enough to remember a time before selfies!)

Pop the “mirror” on the bridge of your nose and tip it away from you so that you can no longer see yourself.

And then walk slowly forward... lose yourself in the picture you see and join the birds in Bedgebury’s beautiful canopy...

Meet a tree!

Help a friend find their special tree.

We love this game! Find an area of the Pinetum with lots of different types of large tree. We think the American Glade works well for this game (see the map on **pages 1 and 2** to see where we mean).

Pick a young (or old!) volunteer and pop a blindfold on them or ask them to close their eyes. Turn your friend a few times then walk them to a wonderful tree that you would like to “give” to them. Don’t go too far! You don’t want to have to stop for a meal and toilet break on the way!

Once you reach your tree, ask your friend to rub his or her cheek on the bark, cuddle the tree, and explore the patterns in the bark, and anything that might be growing on it, with their fingers. Suggest they feel the texture and shape of the trunk, cones, needles or leaves. Ask them whether the trunk is fat or thin, rough or smooth. Giving the tree a gentle hug will create a special relationship between your friend and the tree which will help them in the next part of the challenge.

Walk your friend back to the starting point by a slightly different route. Remove their blindfold or ask them to open their eyes and then challenge them to find the tree you have given them!

Make sure you bring your friend back to the Pinetum to visit their tree occasionally. Trees, like humans, enjoy a hug every now and again!



 Post your monster pic on our Facebook page

Find Bedgebury’s magical woodland monsters, and then tell us all about them!

Can you find our hidden monsters? We promise they are friendly, but they like to stay hidden from our grown-up visitors. Only eagle-eyed children or the forever young-at-heart can find and have fun in the forest with them!

Once you start looking, sometimes with a little extra help from the leaves, twigs and cones you find on the ground, you will see magical monsters in the forest scenery all around you. Keep your eyes open for roots, stumps, gnarled trunks, fallen trees and amongst the leaf litter – sometimes these things are not what they seem.



If you find and enhance one of our magical monsters, take a picture, but leave him there for others to find. Post your monster picture on our Facebook page and invite all your friends and family to vote for him with ‘Likes’.