

5. MEET A TREE



Emotion:
emotionally engage
with nature and find
wonder in nature.

Linked to
contact and
beauty.

Objective:

To notice different characteristics in trees and create your own special tree identification page.

Resources

Essential:

White paper
Crayons
Sticky tape
Two or more people

Optional:

Stethoscope
Blindfold
Magnifying glasses

Our eyes are made up of over two million moving parts and the eye muscles are the most active in the human body. Most people blink every 2-10 seconds, and when we do blink, we shut our eyes for around 0.3 seconds. How long can you go without blinking?

Hints & Tips

If you want to make it harder, slowly spin them once or twice, once they are back at the starting point.

The leader can provide clues to help their partner find the tree. Are they getting closer or further away? Was it a big or small tree? Did it have leaves?

You can use a scarf or an old t-shirt as a blindfold, or you can ask them to just close their eyes (remember no peeking!).

Plenary/Wrap Up

What is the best part of your tree and why?

Does anyone want to show their tree identification page?

Follow-on activities: Ticky prickly (no 8), Leaf Mandala (no 25), Fabulous fungi (no 32) and Trees, leaves and seeds (no 7 & 28)

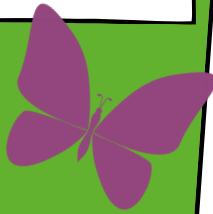
Instructions:

1. In pairs, or as a family, choose who is going to be the leader and who is going to be blindfolded.
 2. Once the person is blindfolded, very carefully lead them to a tree nearby. Guide them safely by going slowly and alerting them to any sticks, twigs, logs or stones they may need to step over or duck under.
 3. Once you are at the tree, help them explore it safely.
 4. Ask them if they can feel the textures, smell the bark and even listen to the tree.
 5. Once they have explored the tree, lead them back to the start point safely, and then ask them to find their tree.
- It's time to get creative.
6. Once you have found your tree, try and work out what type of tree it is. Write the name of the tree on the paper.
 7. Lay the paper on the tree trunk and rub the crayon over the paper to create a bark rubbing. Write some adjectives to describe how it feels.
 8. Find a leaf and if possible, a seed from the tree, and stick them to the paper.
 9. Look closely at the trunk, roots and leaves. Does anything call your tree home? Have a go at identifying them and drawing or writing them on your paper.

RSPB Wild Challenge

Shake a Tree
Fabulous Fungi
Plant a Tree
Make a Bat Box
Make a Nest Box
Spot it!

5. CYFARFOD COEDEN



Mae ein llygaid yn cynnwys dros ddwy filiwn o rannau sy'n symud, ac o holl gyhyrau'r corff cyhyrau'r llygaid yw'r rhai prysuraf. Mae'r rhan fwyaf o bobl yn cau eu hamrannau bob 2-10 eiliad, a phan fyddwn yn cau ein hamrannau, rydym yn cau ein llygaid am tua 0.3 eiliad. Am faint o amser allwch chi fynd heb gau eich amrannau?

Adnoddau

Hanfodol:

Papur gwyn
Creonau
Tâp gludiog
Dau neu fwy o bobl

Dewisol:

Stethosgop
Mwgwd i'w roi dros lygaid
Chwyddwyd rau

Awgrymiadau

Os ydych eisiau gwneud pethau'n anodd, trowch nhw o gwmpas unwaith neu ddwy, pan fyddan nhw yn ôl yn y man cychwyn.

Gall yr arweinydd roi cliwiau i helpu ei bartner i ddod o hyd i'r goeden. A yw'n mynd yn agosach ynteu'n bellach? A oedd yn goeden fawr ynteu fach? A oedd ganddi ddail?

Gallwch ddefnyddio sgarff neu hen grys-t, neu gallwch ofyn iddyn nhw gau eu llygaid (ond dim sbecian!)

Grŵp llawn / crynodeb

Beth yw rhan orau eich coeden, a pham?

Oes yna rywun eisiau dangos ei dudalen adnabod coeden?

Gweithgareddau dilynol: Coslyd pigog (rhif 8), Mandala dail (rhif 25), Ffyngau ffantastig (rhif 32) a Coed, dail a hadau (no 7 & 28).

Emosiwn:
ymgysylltu'n emosiynol
â natur a rhyfeddu at
fyd natur.

Cysylltiedig â
cyswllt a
harddwch.

Amcan:

Sylwi ar nodweddion gwahanol mewn coed a chreu eich tudalen adnabod coed arbennig eich hun.

Cyfarwyddiadau:

1. Mewn parau, neu fel teulu, dewiswch pwy sy'n mynd i fod yn arweinydd a phwy sy'n mynd i gael ei arwain.
 2. Pan fydd y mwgwd wedi'i roi dros lygaid yr unigolyn, arweiniwch ef yn ofalus iawn at goeden gyfagos. Bydd angen i chi ei dywys yn ddiogel drwy fynd yn araf a thynnu sylw at unrhyw ffyn, brigau, darnau o bren neu gerrig y gallai fod angen i chi gamu drostynt neu blygu eich pen i fynd oddi tanynt.
 3. Pan fyddwch wedi cyrraedd y goeden, helpwch yr unigolyn i'w harchwilio'n ddiogel.
 4. Gofynnwch i'r unigolyn a all deimlo'r gwead, arogl'r rhisgl a hyd yn oed wrando ar y goeden.
 5. Ar ôl archwilio'r goeden, arweiniwch yr unigolyn yn ôl i'r man cychwyn yn ddiogel, yna gofynnwch iddo ddod o hyd i'w goeden.
- Mae'n amser bod yn greadigol.
6. Ar ôl i chi ddod o hyd i'ch coeden, pa goeden yw hi. Ysgrifennwch enw'r goeden ar y papur.
 7. Gosodwch y papur ar foncyff y goeden a rhwbiwch y creon dros y papur i greu rhwbiad rhisgl. Ysgrifennwch ychydig o ansoddeiriau i ddisgrifio sut mae'n teimlo.
 8. Chwiliwch am ddeilen, a hadyn o'r goeden os yw'n bosibl, a gludwch hwy ar y papur.
 9. Edrychwch yn ofalus ar y boncyff, y gwreiddiau a'r dail. Ydy eich coeden chi'n gartref i rywbeth? Rhowch gynnig ar eu hadnabod a thynnwch lun ohonynt neu ysgrifennwch amdanynt ar eich papur.

Sialens Wyllt RSPB

Chwiliwch!
Ysgwyd Coeden
Ffyngau Ffantastig
Plannwch Goeden
Creu Blwch Ystlumod
Creu Blwch Nythu