

Tea With a Tree

Did you know that trees love having tea with Wildlings? It is one of their favourite things to do! They make really good friends as well!

Follow the instructions below and have a tea party with your favourite leafy friend...

- Ask your grown up to help you make a pot or two cups of tea or your favourite drink (don't forget the biscuits!!)
- Take your tea and biscuits out with you and sit on the ground or on a blanket at the bottom of your tree. You can sit among the roots, lean against the tree trunk or just sit next to your tree.
- Offer your new tree friend a cup of tea (or other drink) and a biscuit and tell the tree you have come to have tea with it
- Close your eyes as you drink your drink and eat your biscuit and see if you can hear the tree talking back to you in your mind. The tree will be happy you are having tea with it so you may feel all warm and fuzzy inside your tummy or chest. That is you and the tree connecting!
- When you have finished your drink and biscuit, pour the drink you made for the tree around its roots and crumble the biscuit to scatter around too.
- Give your tree a big hug and thank it for having tea with you
- Remember to have tea with a tree often because it helps you and the tree to feel happy and loved.

