



TODAY'S TOPIC:

I Love the Trees

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

Are trees important?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> • Pictures of aspen trees • Pictures of Tree of Life • Access to the song “Standing Like a Tree” 	<ul style="list-style-type: none"> • 	Learn to be like a tree – grounded but also branching out, reaching toward the light, and connecting through our roots.

CHANT: Standing Like A Tree

Track - [You Tube music track](#)

Lyrics - [lyrics](#)

Motions - [Motions](#)

PLAY: Song: Standing Like a Tree, have everyone stand and do the motions.

STANDING LIKE A TREE

1. Start standing with your hands on your heart.
2. Standing like a tree – Move hands down by your sides with palms facing forward.
3. With my roots dug down – Alternate each foot stamping as you say roots – dug – down.
4. And my branches wide and open – Raise arms in a “V” over the top of your head.
5. Comes down the rain – Arms overhead with hands like you are playing the piano.
6. Comes down the sun – Arms overhead in a circle that you move down.

7. Comes down the gifts to a heart that is open – Arms overhead cupped like a bowl that you move toward your heart.

8. Repeat

ASK: Do you think trees are important? We see them every day, but do we really notice them? Could we live without trees? What can trees do? Provide shelter (tree houses, animals that live in trees), source of food (fruits, nuts, maple syrup, olives, spices like cinnamon), source of shade, provide oxygen, materials (popsicle sticks, pizza boxes, wood to build houses). What do I see in this space that's been made from tree?

SAY: Many people and religions use the tree as a special symbol for their life. Do you think you are like a tree? Here are some ways to look at it. Ask for ideas for each part of the tree.

- New beginnings: tiny trees
- Growth: Tree rings, how trees grow every year.
- Branches: All the different ways the branches spread are like different path, places, choices, and people in your life.
- Roots: Standing strong no matter what is going on above ground.
- Leaves: Like the leaves of a tree, we are all different shapes, colors, and textures, yet we can coexist peacefully.

- Connection: Aspen example – images: [connected root system](#) , [aspen tree images](#)

Above ground, aspens grow as individual trees, but below ground they are connected by one set of roots. Aspens are one plant, one living organism, and one living community. A single aspen grove in Utah spans 106 acres, includes 47,000 individual trees, and is estimated to be about 80,000 years old. They share a collective strength and resiliency that overcomes stress and challenges, like disease. The huge root system allows trees that are close to water to absorb and send nourishment to the other connected trees.

FIELD TRIP: Go outside and see how many kinds of trees you can find. Is there a tree your family or youth group could adopt?

AFFIRMATION – I am grounded and growing towards the light. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .