



# Journeys in the Spirit

Children's work

December 2011

Issue 58

Topical activity

Tree planting for feeling better



**Recently a Quaker parent** said that she worries for her children because they feel so despairing and sad about the world. Here is an idea that a Meeting has been doing for 20 years that can lift up the spirits of people of any age. Someone, as a three year old in the Meeting, planted a tree – the person is now grown up with their own baby and wants to plant a tree with their child.

The idea of tree planting also fits with BYM's current work on sustainability.

What to do to plant some trees:

- Go with children and parents to get some acorns or conkers from a wood. Everybody plants them in compost to get started. The sprouting seeds could be kept at the Meeting House. When they have grown so that they look quite strong transplant them to a permanent site. Children can do this bit – maybe with digging help. The site could be found by negotiation with a landowner; or in the Meeting House garden; the Meeting which has done this for a long time got permission from a big sculpture park to plant trees in one part of the park. Remember to put a sign or label on the tree. Don't forget photos.
- Have a look at the Woodland Trust website for tree planting ideas: [www.woodlandtrust.org.uk](http://www.woodlandtrust.org.uk) Don't forget to involve the whole Meeting.

