

Slow Looking

Really see and get to know one tree



Age: All

Time: 15 minutes

Choose one tree that is standing somewhat alone and get to know this tree.

Here's How:

- 1. What are your first thoughts** about the tree you have chosen?
- 2. Look at the tree from a distance** so you see all of it, from top to bottom.
 - What shapes do you see as you look at the tree—rectangle, oval, circle, triangle?
- 3. Walk around the tree** to view it from different places and angles.
 - Are there more or fewer leaves or branches?
 - Are colors different?
- Now **move in close to the tree** to see details of its bark, leaves (or needles), etc. Touch and sniff the trunk and leaves (or needles) and branches.
 - How would you describe the textures?
 - How would you describe the smells?
- 5. Lie on the ground under the tree and look straight up.**
 - What do you see?
 - Look again. What do you see?
- Finally, sit in a comfortable place near the tree and **ponder what you think about this tree now.**

The Back Story:

Art Museums encourage visitors to practice “slow looking” to better enjoy and appreciate a work of art. This means they focus on one artwork, looking at it from different angles and distances so that they really see it. The trees at Lake Wilderness Arboretum are living works of art that can be examined and appreciated.

After spending time examining one tree, your thoughts and feelings probably changed from the first thoughts you had. Perhaps it seems lovelier, more detailed, or even a little more familiar, like it is a friend.

Because plants and trees are alive, please do not climb or swing from trees or dig in garden beds unless you are in the Children’s Discovery Forest.