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A Field Guide to Guardians of the trees

Owen Churcher & Niamh Sharkey

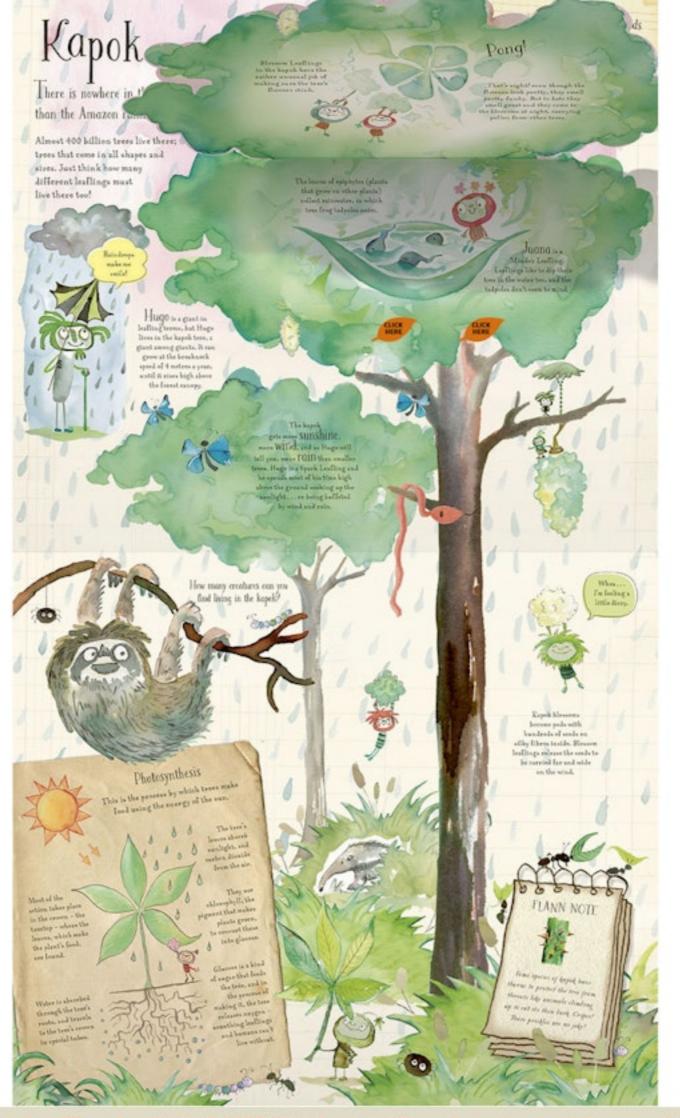








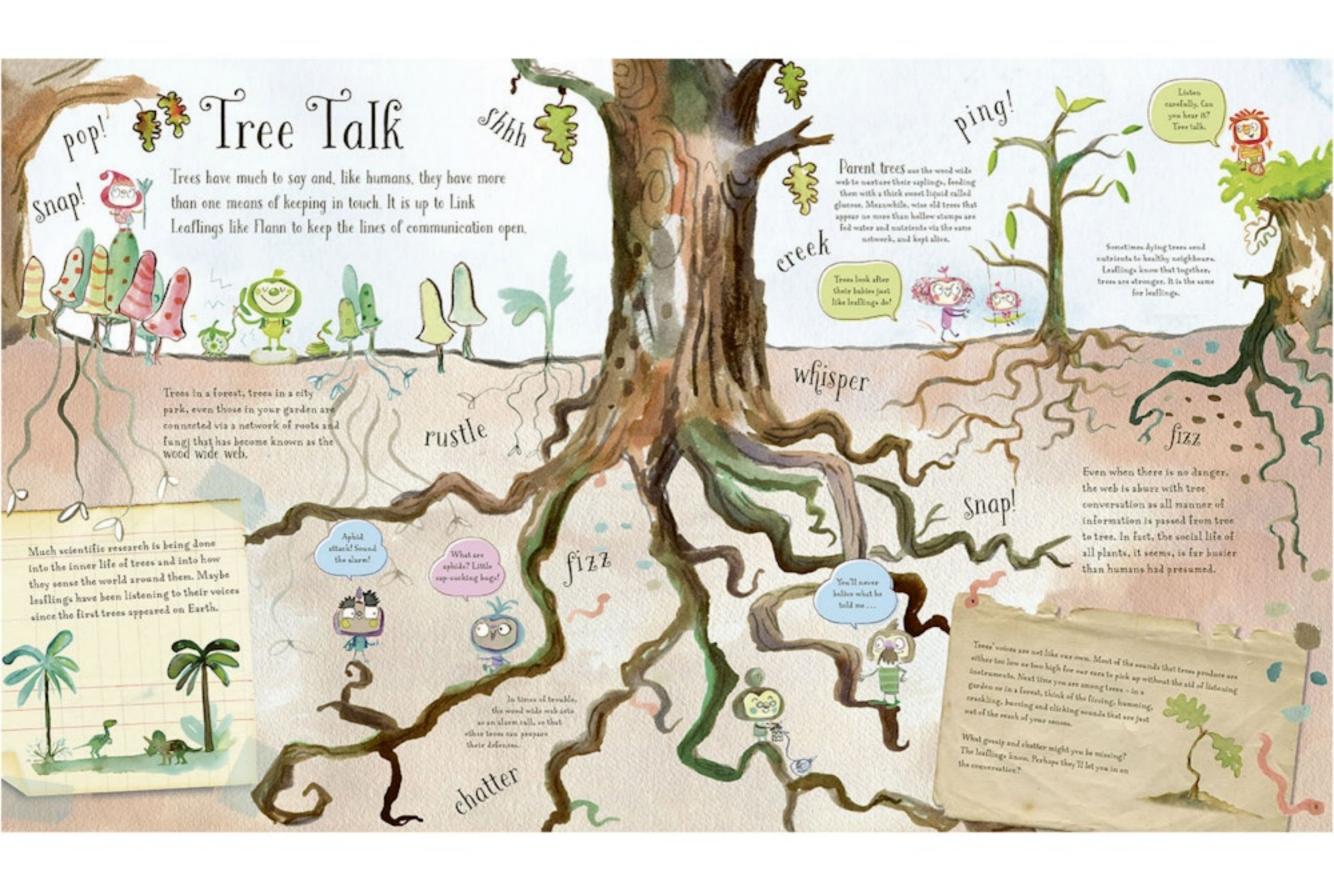




















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# Children, Trees, Leaflings

#### Spend time around trees

Climb a tree. Sit under a tree and read a book. If it's a good book, perhaps you could read a little out loud. There's no telling who night be listening. Leaflings love a good story. What's that rustling? Leaflings sometimes shake the small branches to show their appreciation.





# Use all of your senses

Remember to use all of your senses. Our sight can take us so far, but if we're tracking leaflings we need to train our other senses too. What do the trees around you smell like? How does it feel to touch the crocodile-skin bark of a juniper tree? Or the paper-thin bark of a birch? Are the trees talking, or is it the wind?



# Take notice of the smaller things

Look at the life a single tree can support. So many of these creatures are small, and just a fraction of them are visible to us above ground. Under its roots a tree is aburr with Link Leaflings going about their business, keeping everyone on the wood wide web connected.



#### Plant a tree

Leaflings will help nurture the newbie. and they'll stick with it as it grows up. There is no better way to befriend the leaflings.





#### Get to know their names

Names can be powerful things. If something has been well named, then a little of its spirit will have been caught, a hint of its true nature. Knowing the names of even those trees that grow where you live might well unlock the world of the leaflings. Think of how it feels when someone remembers your name. It can mark the beginning of a new friendship.



## Listen to the bird song

Have you ever noticed how the dawn chorus begins at the cower of the tree, as the birds that are high up receive the first light of morning? The singing travels down the tree until it is wrapped from crown to roots in song. Listen, can you hear the leallings singing along?



#### Listen to the wind

Something happens when you give over your attention in this way you seem to tune into the natural world and the world of the leaflings.



## Keep a nature notebook

Paint, whetch and make pencil or charcoal rubbings of the underside of leaves, and of rough tree bank. Collect seed pods. Stick fallen petals and leaves into a nature notebook. How do you think this field guide came about? Being creative opens a magic window onto the world





# Sharpen your sense of adventure

Television and the Internet can make the world seem small, but the opposite is true. The world is much wider than the web Shappen your senses. Get out there. Breath some sir.





