















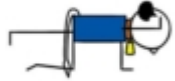

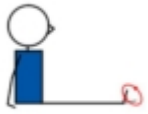


Tree Peak Pose

| | | | | | |
|--|--|---|---|---|---|
|  |  |  |  |  |  |
| Hero | Lion Roar | Mountain | Alice In Wonderland | Standing Backbend | Star |
|  |  |  |  |  |  |
| Duck | Invisible Chair | Chair Superman | Skate Boarder | Big Toe Grab | Ibis Bird |
|  |  |  |  |  |  |
| Treebeard The Ent | Twisted Tree | Half Lotus Tree Fold | Cow | Cow Stretching | Rock |



Ankle Rotations



Row Your Boat Song



**Whisper Name
Relaxation**



Breathe into the back
of your heart

Heart Breath

Lesson Plan Description:

Tree Yoga Class Themes For Kids

[br]

Do Not Be Hasty

Treebeard The Ent is from The Lord Of The Rings. His motto is "*Do not be hasty.*" So, you could start your yoga class with this sentence: "*Do not be hasty*", and then tell your students a bit about Treebeard The Ent.

Plant A Tree-

You can [plant a tree by spending only \\$1 on this site](#). They'll plant the tree for you!

Football Field Tree Theme

One football field of forest lost every SECOND of every day, year in, and year out. If you have a football field nearby take the kids to the middle of the field so they sense the scale of the deforestation (or have them imagine standing in the middle of a football field).

Tree Shepherd Theme

Ents are tree shepherds charged with defending the forests of Middle Earth. Ents are pivotal to the story told in The Lord of the Rings, as they are ultimately responsible for the destruction of Isengard and the downfall of Saruman.

Anyone can become a "tree shepherd" by taking actions that help save trees from deforestation.

Ways To Help Save Trees

Eating less meat and dairy (become Vegan).

Planting a Tree where you can.

Going paperless at home.

Buying recycled products and then recycle them again.

Supporting the products of companies that are committed to reducing deforestation.

Raising awareness in your circle and in your community.

Buying only what you will use.

Not using Palm Oil or products with Palm Oil.

[br]

"What have trees ever done for us?"

[br]

Below are nine nifty things that trees have done for us.

1. Wildlife Habitat

Wildlife use trees for food, shelter, nesting, and mating. These habitats support the incredible variety of living things on the planet, known as biodiversity. By protecting trees, we also save all the other plants and animals they shelter.

2. Clean Air

A study in the Journal of Preventative Medicine found that people experienced more deaths from heart disease and respiratory disease when they lived in areas where trees had disappeared. Trees are often referred to as the "lungs of the planet" because of the oxygen they provide to other living things.

3. Clean Water

Forests provide natural filtration and storage systems that process nearly two-thirds of the water supply in most countries. When you drink a glass of tap water, you're drinking water that was filtered largely by the forests.

4. Carbon Sequestration

Burning fossil fuels puts heat-trapping carbon dioxide into our atmosphere, changing our climate in dangerous ways. Planting trees can slow down this process. A tree can absorb as much as 48 pounds of carbon dioxide per year and can sequester one ton of carbon dioxide by the time it reaches 40 years old.

5. Reduced Crime

Neighbourhoods with abundant trees have significantly fewer crimes than those without. Researchers think that this is because green spaces have a calming effect and encourage people to spend more with their neighbours outdoors, bolstering community trust.

6. Increased Property Values

People are drawn to homes and businesses near trees. The proof is in the prices: property values are 7 percent to 25 percent higher for houses surrounded by trees.

7. Mental Health

Feeling down? Take a walk in the woods. Several studies have found that access to nature yields better cognitive functioning, more self-discipline, and greater mental health overall. One study even found that hospital patients who can see trees out of their windows are hospitalized 8 percent fewer days than their counterparts.

8. Temperature Control

The shade and wind-breaking qualities that trees provide benefits, everyone, from the individual taking shelter from a hot summer day to entire cities. The annual mean air temperature of a city with 1 million people or more can be 1.8–5.4°F (1–3°C) warmer than its surroundings. Planting trees reduces this “heat island effect”.

9. Flood Control

Trees can hold vast amounts of water that would otherwise stream downhill and surge along rivers into towns. That’s why trees are such an important part of stormwater management for many cities.