

MY LEAF WALK

It's time to go on a leaf walk with a family member or friend.

- If you can, walk outside where there's trees, grass, or bushes.
- If you can't, it's okay to walk inside your home. Use the OPENPhysEd.org Leaf Sheet. Print and cut out the leaves (or draw and color your own).
- If walking indoors, scatter the cut out or colored leaves around your home.

Walk for 10 to 20 minutes. As you walk, collect at least 6 to 12 leaves and put them in a bag or box. It's okay to choose leaves from the same tree or bush. BUT, be respectful of property and do not pick leaves from plants or flowers in other people's yards 😊.

Take the leaves back to your home. Mix them all up in a bag. Next, each person that you walked with will reach into the bag and pick out a leaf. The leaf that you pick out is YOUR leaf.

Take a few minutes to look at the leaf. Study its shape. Does it have any unique features? Does it look like it's been damaged in any way?

Next, in your mind (or on paper) make up a fun and inspirational story about how your leaf came to be YOUR leaf.

After you've gotten to know your leaf, put it back in the bag with all the other leaves and shake them up. Next, dump all of the leaves out onto the floor or table.

Can you find YOUR leaf? How do you know that it is truly your leaf?

Tell the story of your leaf to your family member or friend and listen to the story of their leaf.

When you first grabbed your leaf – it was just a leaf. But after you got to know your leaf it became easier to recognize. The way you looked at it and treated it changed. In a fun and silly way, you built a relationship with your leaf.

Building relationships with people is important. Just like with your leaf, as you see and meet people it's important to try and get to know them and understand who they are. The more you get to know people and the more they get to know you, the more you will treat each other with empathy and respect.



