



SORT Family Compass

Meeting the Tree

Take this activity into your own garden, local park or woodland. There is no right or wrong way to meet a tree—simply be curious, notice and connect.

1. Choose a Tree

Find a tree that draws your attention. It might be big or small, old or young. Spend a quiet moment together before you begin.

2. Meet the Tree Through the SORT Compass

Heart

- Place your hand on the tree.
- What do you notice?
- How does it feel to be close to this tree?
- What do you appreciate about it?

Mind

- Listen carefully.
- What sounds can you hear?
- If this tree could tell a story, what might it say?
- What are you curious about?

Body

- Lean against the trunk.
- Notice the texture beneath your hands.
- Look up through the branches.
- How does your body feel here?

Self

- Close your eyes for a moment.
- What do you notice happening inside you?
- What helps you feel calm or alert?
- What might this tree be teaching you today?

3. Reflect Together

Talk together:

- What did each of us notice?
- Were our experiences different?
- What surprised us?
- What would we like to remember from meeting this tree?

4. Our Family Compass

Which part of the compass would you like to make more space for this week?

- ☐ Heart – More care and connection
- ☐ Mind – More curiosity and wonder
- ☐ Body – More movement, rest and sensory experiences
- ☐ Self – More space to be ourselves

Our family would like to...

Continue Your Journey

Notice moments of connection wherever you are. Every walk, every conversation and every quiet pause is an opportunity to grow belonging together.

Visit SORT for more family resources and activities.