



## Anatomy of a tree

This is a quick activity to get learners moving and using their bodies to create different shapes. This activity is a good 'icebreaker' activity for the start of a session, or a quick way to focus attention back to learning.

Learners will be asked to become a different part of a tree using their bodies – from the roots to the leaves. They will need to work together to try and show how all the parts of a tree interact with each other. This activity can be done inside or outside; however, it is best done outside where learners can familiarise themselves with the space and look at the trees around them to help them.

### Teaching time

15–20 minutes

### Learning outcomes

- Know the basic structure of a plant, including trees
- Begin to understand the importance of trees and other plants as habitats, and to provide food and clean air
- Have regular opportunities for spending playful time outdoors interacting with nature

### Step by step

Before starting the activity, go through each different part of a tree with learners, and ask them to think about how they might become this shape. You can walk around your site and look at trees to familiarise learners with the different parts.

Split learners into groups of five or six. Introduce different parts of a tree; tree trunk, bark, leaves, roots, branches, and tree buds (flowers) and describe their functions. Now, have one learner from each group act out one part of the tree. The six learners should work together to create a tree.

### Definitions and functions

- Tree Trunk: To transport water from the roots to the crown.
- Bark: To protect the tree.
- Leaves: To absorb sunlight and produce energy for the tree.
- Roots: To soak up water and nutrients from the soil.
- Branches: To provide structure for the leaves and buds.
- Tree buds: To store energy for the winter months.

Each group will have 5-10 minutes to create their shapes and work together to become a tree. Afterwards, invite each group to share their tree shapes with the rest of the group.

### Reflection

Why is a tree designed the way it is? Do you know why tree leaves are green? Why are roots so important to the tree?

### Green Skills



### Suitable for

Early Years  
Key Stage 1  
Key Stage 2

### Location

Outdoors

### Season

Spring  
Summer  
Autum  
Winter

### What you'll need

No materials needed

### Key vocabulary

Bark  
Trunk  
Leaf  
Root  
Tree bud  
Branch

### Support and extension opportunities

Invite further discussion and understanding of the parts of a tree by asking, 'Can you point out these parts on a real tree?' 'How do the parts of a tree change throughout the seasons?'

'How does a tree help humans to live?' This activity can lead on to a discussion about climate change and how trees help us mitigate and adapt to a warming planet.



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