



Make the tree greener

Here is an activity to be done during **Week 3** of the 2019 *Health Challenge (Défi Santé 2019)*, which is themed **Let's play outside!** It consists of a collective art project: a green leaf stuck by the students in a tree for each of their active trips. Over time, the tree will become a large mural!



Age group:

Multiage

Required material:

- Paper
- Scissors
- Green, yellow and red coloring pencils
- Thumbtacks or tape
- A large bulletin board (or large cardboard sheets placed on a wall)

Skills

Aspect of the overall skills developed by the student:

- Affective
- Cognitive
- Moral
- Psychomotor
- Social

Educative intent:

At the end of this activity, the student will have learned about active transportation and its benefits.

Professional expertise put forward by this activity:

- Planning and organization of activities for children and groups of children

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Approach

1. Prepare

- Draw the silhouette of a tree trunk or a branch on a large bulletin board or on large cardboard sheets placed on the wall. In the case where it is forbidden to place posters on the wall, it is possible to hang the tree or create a tree leaf banner.
- Choose a location that is ideally in view of parents, such as the entrance of the daycare.

2. Garnish the tree

Each day, students draw, cut and color a leaf and stick it on the tree. The color of the leaf is determined by the student's mode of transportation that day:

- Green if he came on foot or by bike
- Yellow if he came by bus or carpool
- Red if he made the whole trip by car

The more children actively move to get to school, the greener the tree becomes.

3. Tell us about your experience

Don't forget to take a picture of the activity and send it to info@defisante.ca!

Variation

You can go out in the neighborhood with the children who do not have the possibility to go to school in active transportation, so that they can green the tree too.

Tips

- Use this activity to start a competition between groups: the group with the greenest tree wins!
- You can also use a dead tree branch that you hang from the ceiling. By adding the colored leaves, you will get a nice mobile!



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