



girl scouts
of western ohio

Girl Scout Tree Promise



Activity Guide



In Partnership With:



Singing About Trees

Roots, Trunks, Branches, Leaves,
To the tune of Head, Shoulders, Knees, and Toes

Roots, trunks, branches, leaves,
Roots, trunks, branches, leaves,
Buds, and fruits, and flowers in the breeze,
Those are the parts of trees!

Head, shoulders, knees, and toes,
No! Trees don't have those!
They have roots, and trunks,
And branches and some leaves,
Those are the parts of trees!

Roots, trunks, branches, leaves,
Roots, trunks, branches, leaves,
Buds, and fruits, and flowers in the breeze,
Those are the parts of trees!

Eyes, ears, mouth, and nose,
No! Trees don't have those!
They have roots, and trunks,
And branches and some leaves,
Those are the parts of trees!

Roots, trunks, branches, leaves,
Roots, trunks, branches, leaves,
Buds, and fruits, and flowers in the breeze,
Those are the parts of trees!

Head, shoulders, knees, and toes,
No! Trees don't have those!
They have roots, and trunks,
And branches and some leaves,
Those are the parts of trees!

Singing About Trees

There are plenty of educational songs about trees out there. Can you think of any? You can find this song and more songs like it on the Project Learning Tree website by going to the Resources tab -> Tips and Ideas -> Tips for Getting Started, then scroll down until you find Educational Children's Songs About Trees.



Source: <https://sciencepoems.net/head-shoulders-tree-song-video/>

Table of Contents

| | |
|--|-------------------|
| Protect the Planet with the GSTP Patch | Page 4 |
| Girl Scout Tree Promise | Page 5 |
| Tree Vocabulary | Page 6—7 |
| Hug a Tree | Page 8 |
| Pinecone Owls | Page 9 |
| Edible Trees | Page 10 |
| Writing about Trees | Page 11 |
| Finding the Height of a Tree | Page 12—13 |
| Singing About Trees | Page 14 |



Protect the Planet with the GSTP Patch

The Girl Scout Tree Promise (GSTP) provides Girl Scouts with an opportunity to act as environmental stewards and work to slow climate change on a national platform. It invites every Girl Scout and friend of the Movement to help plant 5 million trees in five years (2026) while protecting and honoring many more.

To participate in the GSTP patch, girls:

1. Take the Girl Scout Tree Promise
2. Plant, protect, or honor trees

You can purchase the patch from the Girl Scout Shop.



In this guide you will find activities that you can use to assist you in your very own Girls Scouts Tree Promise Program. Use these activities to aide you in STEP 2 of the GSTP: Plant, protect or honor trees. For more information and additional resources such as the Girl Scout Tree Promise Program Toolkit visit www.girlscouts.org and search for the Girl Scout Tree Promise. Consult the *Girl Scout Tree Promise Program Toolkit* to help you plan your very own Girl Scout Tree Promise Event.

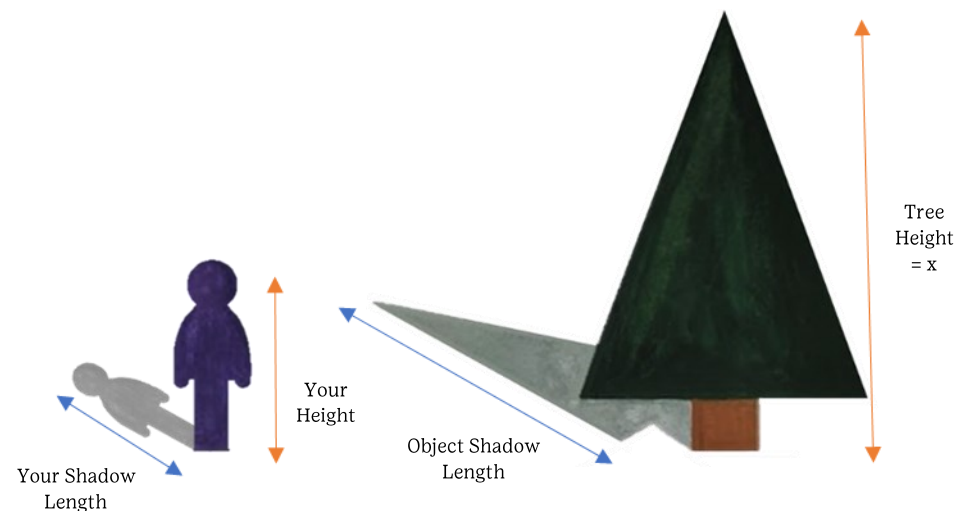
Finding the Height of a Tree

4. Multiply your height by the **object's shadow length**.

$$\frac{50 \text{ inches}}{27 \text{ inches}} = \frac{x}{120 \text{ inches}}$$
$$\underline{\underline{6,000 \text{ inches}}}$$

5. Divide by your **shadow length** to find the object's height. After using the equation, you will be able to find the approximate height of the tree in inches.

$$\frac{6000 \text{ inches}}{27 \text{ inches}} = \frac{x}{1}$$
$$\underline{\underline{x = 222.23 \text{ inches}}}$$



Finding the Height of a Tree

The tallest tree in the world that is currently living is a Coast Redwood, *Sequoia sempervirens*, in Redwood National Park in California. Hyperion, which is the nickname of the tree, was measured to be 116.07 meters tall when last measured in 2019. Hyperion's height was determined by direct tape-drop, meaning somebody climbed to the top of the tree and measured it from the top to the bottom by using a super long measuring tape. While this is the most exact way to find out the height of a tree, it is not the only way. For this activity you will be using shadows to help you determine how tall a tree is.



Materials:

- Rulers or tape measures
- Paper
- Pencils
- Calculators (optional)

Location:

A bright, sunny area with trees on level ground.

1. Write the equation $\text{Your height} / \text{Your shadow length} = \text{Object height} / \text{Object shadow length}$ at the top of your paper.
2. Measure your height, your shadow length, and the tree's shadow length. Record the values on your piece of paper.
3. You currently do not know the height of the tree. You will call that x for now.

**Your height / Your shadow length =
Object height / Object shadow length**

Example: 50 inches / 27 inches = x / 120 inches

Girl Scout Tree Promise

The Tree Promise

I promise to be a friend to every tree, just like they're a friend to me.

I will plant and protect them through and through with the help of my loyal Girl Scout crew.

Besides being beautiful, there's more to see; for climate change, they hold a key.

They fill our lungs with cleaner air; it's our responsibility to care.

That's why I'll advocate for every tree.

Because I need them, and they need me!



Tree Vocabulary

Here are some great words to know that will help you better understand trees. Don't see a word that you think should be included? Add the word and its definition to the blank lines provided below.

Trunk- The stem of a tree. The main wooden part.

Crown- The part of the tree that includes leaves and branches.

Root- The part of the tree that is often underground. Roots help the tree stand without falling and draw water and nutrients from the soil.

Leaf- The part of the tree that is usually green. It is attached to the tree by a stem. Leaves come in all shapes and sizes.

Branch- A woody structure that sprouts from the trunk. Most branches will have many smaller branches attached to them.

Bark- The protective outer coating of the tree. Bark helps in the identification of a tree.

Deciduous- A type of plant that's leaves will turn colors in autumn and then fall off. In the spring new leaves will grow in their place.



Writing About Trees



There are plenty of poems, songs, and stories that all focus on trees. Each one is a unique look at the relationship the writer has with trees. When you think about your own relationship with trees what do you think of? Do you think about all the things a tree has given you? Do you have a memory that involves a tree? Does that memory evoke any strong emotions?

Materials:

- Writing utensil
- Notebook

Location:

A wooded area

Take a seat outside among the trees. Pull out your notebook and start writing. Use your senses and write about your tree observations (ex: colors, smells, sounds, textures). Write about the emotions you are feeling, the memories that you have, or things you want to do involving trees. Once you are done see if you can turn your notes into a poem, song, or story. If you'd like, share your creation with your troop.

Types of Poems

Limerick: A five-lined poem with a rhyme scheme of AABBA, in which the first, second, and fifth-line rhyme, while the third and fourth lines are shorter and share a different rhyme.

Example:

As I walked along the shore,
I, a girl of only four,
A willow I did spy,
Stuck in eternal sigh,
Knew at once it I'd adore

Haiku: A Japanese poem. A Haiku is a three-line poem with seventeen syllables, written in a 5/7/5 syllable count. Often focusing on images from nature.

Example:

The oldest dead tree
is home to many creatures
and creates new life.

Edible Trees

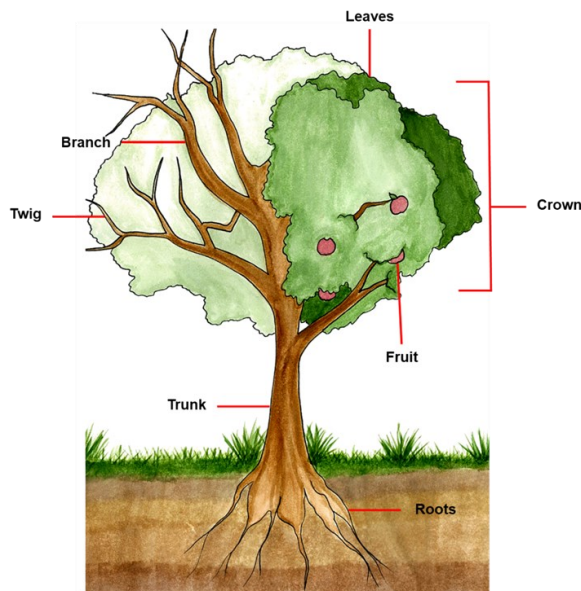
Trees produce lots of foods that we eat daily. Nuts like walnuts or hazelnuts, fruits like bananas or figs, chocolate, cinnamon, coffee, and gum all are products of trees. Create your own tree using ingredients of your choosing. Bonus if it has an ingredient that comes from a tree! Discuss each part of the tree, then enjoy what you've created. Refer to your Tree Vocabulary if you are not sure what each part of the tree is.

Savory Tree Example

- Crown/leaves- Broccoli
- Branches- Pretzel sticks
- Fruit- Cherry tomato
- Trunk- String Cheese (top 2/3)
- Roots- String Cheese (Bottom 1/3 pulled apart)

Sweet Tree Example

- Crown/leaves- Rice crispy treats dyed green
- Branches- Fun size KitKat bar
- Fruit- Red Hots
- Trunk- Nutty Buddy
- Roots- Pull N Peel Cherry Twizzlers



Tree Vocabulary

Evergreen- A type of plant that does not shed leaves in the winter. Its leaves stay green all year.

Seed- Part of the tree that can be found in the fruit. A seed is a baby plant that has not yet had a chance to grow. Given the right conditions a seed will grow into a full-grown plant, like a tree.

Fruit- Part of the tree that produces seeds. Sometimes these fruits are edible to humans and animals like apples or nuts.

Dendrology- The study of trees, shrubs, and woody plants.

Arborist- A professional in the practice of arboriculture, which is the cultivation, management, and study of individual trees, shrubs, vines, and other perennial woody plants in dendrology and horticulture.

Hug a Tree

A tree is more than what meets the eye. They may be different due to bark texture, limb height, smell, sturdiness and much more. Use your sense of touch, hearing, and smell to find out how.



- **Players:** 2+ even numbers preferred but not required
- **Materials:** 1 blindfold per person
- **Time:** 20-30 minutes
- **Location:** An area with many trees

Once you are among the trees, stop on the path or an open area to introduce the activity. Players will need to divide into pairs, one of which will be blindfolded. The blindfolded person is to be the tree-hugger. The tree-hugger is led by their partner to one tree in the surrounding forested area. The tree-hugger touches the tree and tries to memorize its size, shape, location, texture, etc. The tree-hugger is then lead back to the starting point where they may remove their blindfold and then try to locate their tree. The pair will then swap with the tree-hugger now being the guide. It helps to do the blindfolded walk in silence.

After everyone has had a chance to be a tree-hugger, you can close with a discussion with the following questions:

- How did it feel to be blindfolded? How was your partner as a guide?
- What other sense could you use?
- How did it feel to hug a tree?
- How was it to try and find your tree once the blindfold had been removed?

Pinecone Owls

Trees can be homes to many animal species. Many species of owl, like the Great Horned Owl or Barred Owls, choose to make their homes in trees. In this activity you will be making owls out of materials that can be found growing on trees.

Materials per Owl:

- 1 pinecone
- 2 acorn caps
- 2 leaves (no bigger than 3 inches in length)
- 2 googly eyes
- Fun foam
- Liquid glue
- Scissors



All natural items should be found on the ground, not plucked from a tree.

Optional: cotton string or twine

Glue one googly eye inside the bowl of each acorn cap. Once dry, glue your acorn caps toward the top of the skinny end of your pinecone. These will be your owls' eyes.

Cut out a small triangle beak and two feet for your bird. Glue the beak between and slightly below the eyes of your owl. Glue the feet to the bottom of the owl.

Glue your leaves, these will be the owls' wings, to either side of your owl.

Optional: Attach a string to the top of your owl and hang it up wherever you desire.