

## NATURE PLAY RECIPE CARD

# Tree Climbing

### INGREDIENTS:

- A sturdy tree with low branches
- A person who wants to climb a tree

### METHOD:

- Before climbing the tree, check that the tree has no loose branches that will fall or any nests or hives in the canopy or biting insects or hairy caterpillars on the bark
- Grip the branch with your hands and use your arms muscles to pull yourself into the tree
- Climb into the tree always making sure that you have three points of contact on the tree at all times
- Always make sure that you put your body weight on a tree limb that is sturdy
- When you get into the tree practice your climb down and getting out of the tree
- Once you have perfected this you can then try again and climb a little higher

### SAFETY AND CARE:

- Always check the fire danger  
Never get lifted into a tree
- Always check tree for hazards before climbing in
- When climbing down make sure nobody is climbing up at the same time
- Always have three points of your body on the tree at all times
- Always climb out of a tree rather than jump
- Limit the number people climbing in a tree to make sure the tree does not get overloaded.



### Did you know?

The tallest trees in the world are the giant Sequoia trees from North America

CHILDREN  
IN NATURE  
NSW

