



## Live Your Why – Afterschool Edition

### Make a bark rubbing of different tree barks.

Put a white sheet of paper against the bark of a tree and shade it with a pencil or crayon. Notice the different patterns.



What do you notice about your tree bark rubbings?

How can you use this technique to get to know nature better?



Looking for other ideas to help plan your afternoon? Visit us at [www.healthylamoillevalley.org/liveyourwhy](http://www.healthylamoillevalley.org/liveyourwhy)