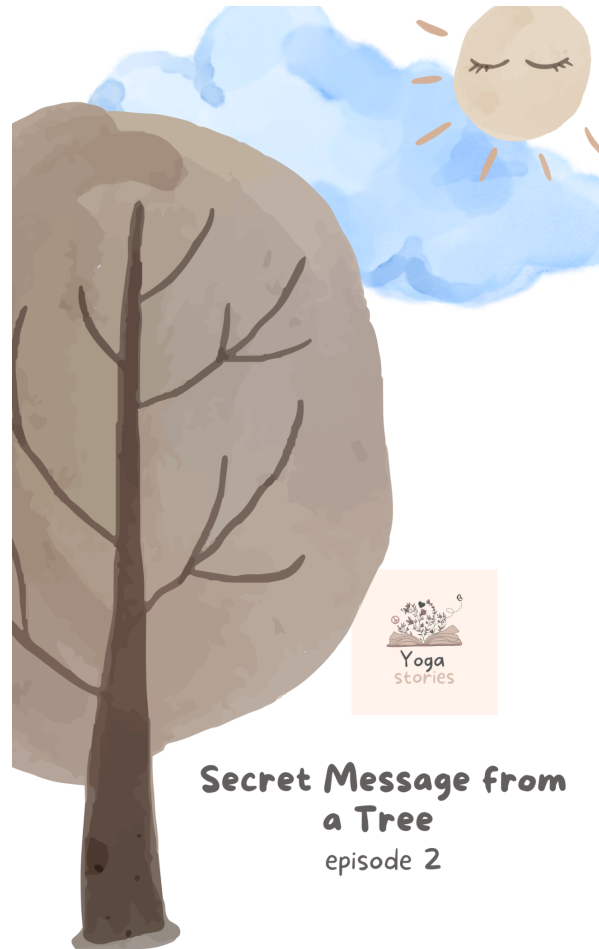


Secret Message From a Tree

Yoga Stories
Episode 2.



**Secret Message from
a Tree**
episode 2

A series that helps to explore big questions for little humans.
We encourage creative self expression and self reflection through yoga and story to support well being
by Lee-Ann Matthews & Katerin Kuki Juretic

BIG QUESTIONS FOR LITTLE HUMANS
DRAGONBUNNYBOOKS.COM 

Yoga Story Episode 2 ([follow along on youtube](#))

Secret Message from a Tree

Introduction: There are many many trees on planet earth. Some are huge, some are tiny. Some lose their leaves and are bare during the winter season (deciduous) some stay green all year long (coniferous). All trees have roots that run deep and creep and crawl under the earth. Trees help us breathe and are homes for many insects, birds and animals. Even dead trees are important to the planet. Mushrooms love fallen trees and their bark is filled with nutrients and is good for the soil. Trees give us shade when it's hot and some trees even give us food to eat.

Trees are awesome. Did you know that trees can even talk? They communicate with each other and help each other in incredible and mysterious ways.

In this story, you will meet a tree that talks not only to other trees but to a child. You will have to get very quiet so you can listen. Trees talk very softly.

This is a story about a tree named Tree-sa. Tree-sa looked like a regular tree with a strong, sturdy trunk, long branches and flowing leaves that blew in the wind like long strands of hair. She grew up in the yard of a house where a small boy lived. The boy had a swing that hung from her branches and he would cool off in her shade and play hide and seek, climb up her trunk, swish the leaves and swing from his swing every day. One day, the boy was sitting quietly by her side. It was a calm day and the boy felt like being still. He was enjoying a perfectly peaceful moment when he had the strangest feeling. He was getting a message, but it wasn't an ordinary message. It was in his mind, not out loud, but yet he understood who it was coming from, even though he had never heard such a message before. It was the tree. The tree told him to lean back and rest on the bark and close his eyes and get even more still, more relaxed and more calm. Now, you may already know this but if you don't then listen carefully. For some children, being still and calm and peaceful isn't easy. In fact, it's really, really hard. And Tree-sa knew this. She was so proud of her boy for being so calm that she wanted to reward him by sharing a special secret that only trees know.

"Boy, Listen to me... My name is Tree-sa and I am your tree. I want you to know something that only trees know. You see we don't talk very much and when we do, people aren't usually listening. They are often busy and distracted, on their cell phones or listening to something with wires in their ears. They are usually running around and telling their own stories and making noise so it's hard to get a message across. You are doing such a good job, I can feel how calm and open your heart is right now so I want to share a tree secret with you. It's kind of a secret among us. But here's the thing, you know how much you like me? How you like to climb and swing and play and hide behind me. How much you enjoy when my leaves turn colours and fall off and that perfect shade of foliage green in the Springtime. How you like to breathe the air that we help to clean. Well, trees like everything about you too! That's right, we like you right back. In fact, we love you. All of the things you do we think are pretty cool! Now that you know this, never pass another tree again without saying hello. We think you are swell! And we love when you pay attention to us, pat our bark or admire our leaves. I just wanted to share this special secret with you and to thank you for being such a good human.

The boy had a whole new appreciation for trees. He couldn't stop smiling and he was grateful for all of the trees who he now considered friends in his neighborhood.

Maybe if you are lucky one day, a tree will share a secret with you.

Yoga poses to practice:

Tree Pose (coniferous and deciduous)

Seed to tree

Easy Pose

Meditation