



1. Do a **push-up** on the side of a tree
2. Hang off of lower branch
3. Climb it
4. Make a **tire swing**
5. Hang **piñata** from it – swing away
6. Hang a **hoop** for a target
7. Attach a **ball** to a string and tie it from a limb to practice hitting
8. Kick a **soccer ball** at it
9. Tie a **rope** to the trunk and turn it for a friend to jump
10. Try to **push it over**
11. **Jump** to touch its leaves or limbs
12. **Build** a tree house in it
13. Use it as “**base**” in a game of tag
14. Build **fairy forts** around it or in it
15. Put a **sprinkler** in the tree and dance around the tree in the mist
16. Do some **pull-ups** from a lower limb
17. Put the bottom of your foot against the tree and **stretch**
18. **Paint** the tree with mud or throw mud at the tree
19. **Play chase** with friends around the trunk of the tree
20. Hide things around the tree for a **scavenger hunt**
21. **Connect a rope** or slackline between two trees
22. Hang a **rope swing**
23. Do a **handstand** against the base of the tree
24. **Swing sticks** against the tree
25. **Flip** over a lower limb

