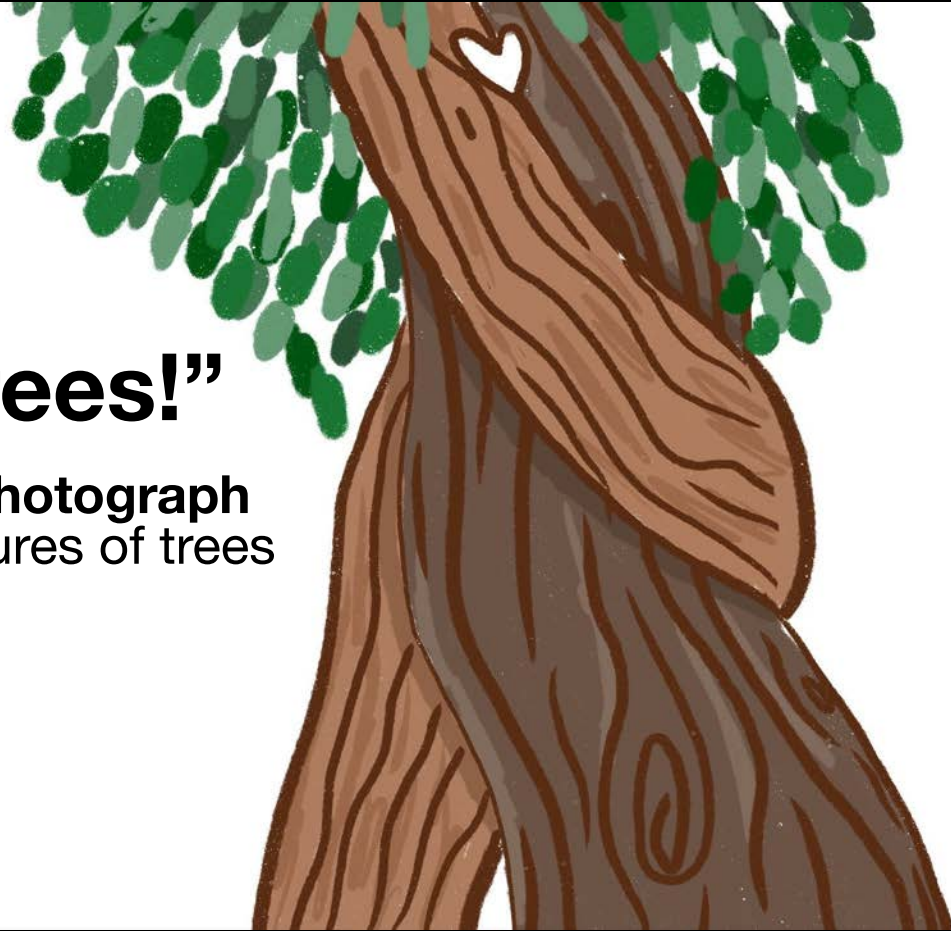


Say, “Trees!”

Observe and photograph
the complex natures of trees



Tree Hug © Marysia Lewandowska

From our Cabinet of Remedies exhibition, **Marysia Lewandowska's** *Tree Hug* reminds us of the immense size of these wise old beings, but also of the importance of connecting with (and even embracing!) them.

We are intrinsically bound to each other for survival, through our mutual exchange of oxygen and carbon dioxide:

We are part of each other.



If you look closely, you can see two trees merging with each other,
growing in a slow-moving spiral.



German Forester, Peter Wohlleben ('The Hidden Life of Trees') and scientist Suzanne Simard at the University of British Columbia in Canada have been observing the ways trees live and communicate with each other for decades.

They have found that **trees like to be close to each other**; they recognise **family ties** and **care for their young**; they nurture each other, even keeping old stumps alive with complex networks of underground **support mechanisms**.



Inquiry amongst the trees

Try to find a park with plenty of trees. Better still, get to the woods or a forest.

How does your impression of them change from a distance compared to up close?

How do you feel when you are around them?

Notice your breath. Notice your mood.



What do you observe about the ways trees express their lives?

Look at the shapes and textures of their branches and barks.

How do they feel under your palms? Do their forms remind you of anything?

Look at the differences between the old and the young.

Can you see the movement of growth revealed by their contours? Is there dynamism in their stillness?

Look up and notice how they share space with each other. Look down and imagine their networks of roots feeding below the ground that you walk on.

Do they seem to have characters?

What do you see that you've never noticed before?

How many different ways can you capture something intimate or awesome; something characterful about the trees around you?



**Post your pics on IG and
tag @hundredheroines
Don't forget to use the hashtag:
#saytrees**



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