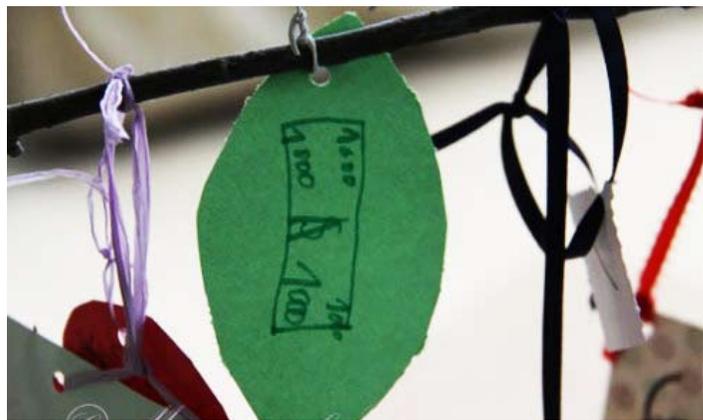


the giving tree

by Carissa Cox



Our Giving Tree



I asked them what other things do trees give us?

I shared some quick facts with them:

1. Did you know an average tree can provide enough wood to make 170,000 pencils?
2. Did you know 2 mature trees can supply enough oxygen for a family of 4?
3. Did you know a mature tree removes almost 70x more pollution than a newly planted one?

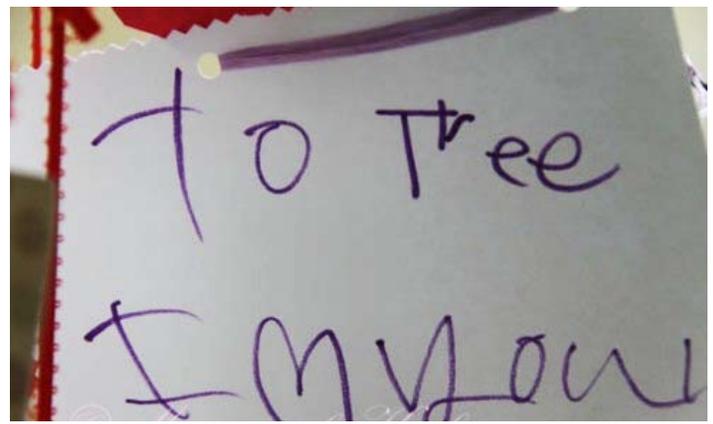
And finally, I asked the children what could we give the tree in return? They cut paper and we hung their gifts up with ribbon on our Giving Tree.

I read Shel Silverstein's *The Giving Tree* to my son's kindergarten homeschool class today. Then we created our own Giving Tree!

I read the story to them.

I asked them what the tree gave to the boy. They drew their answers on the leaves and apple paper cut outs I had made. Then, we attached it to the bare branches I had brought in. (I got a big branch from outdoors and set it in a tub with Plaster of Paris.)





Love



Protection



A Bird to keep the Tree company



Life



Friendship



Carissa is a passionate Mama in the Kitchen. She believes in fresh, organic, local/in season, unprocessed Vegan food. A Culinarian with cooking school, restaurant and catering backgrounds, she is also a certified

Ayurvedic Nutrition Therapist and co-author of Yoga for Cancer: Esoteric, Yogic and Dietary Remedies. Her family believes they are healthier both short- and long-term because of the addition of more and more unprocessed and unadulterated Vegan foods into their diets. Through her blog, she hopes to share information with other parents on how to create a disease-free, healthy life by adding more raw fruits and vegetables into their family's diets.

I left our class feeling how wise all these children already are.