

## **Open Your Class With This Tomorrow- *The Joy of Movement***

Green exercise, physical activity in a natural environment, has a positive effect. Within five minutes of moving outside, individuals report a shift in mood and outlook. Unlike a runner's high, you don't have to wait for it. The green exercise high kicks in quickly.

In 2013, the city council of Melbourne, Australia identified over 70,000 trees with identification numbers and email addresses. The goal was to have people inform them of damage to the trees. Instead, the public wrote emails expressing affection, kind wishes, or concern for the tree's well-being. When given the chance to communicate with trees, people around the world composed love letters (some examples below). Some even received replies.

### **Example 1 from The Atlantic article**

"Dear 1037148," wrote one admirer to a golden elm in May. "You deserve to be known by more than a number. I love you. Always and forever."

### **Example 2 from The Atlantic article**

To: Green Leaf Elm, Tree ID 1022165

29 May 2015

Dear Green Leaf Elm,

I hope you like living at St. Mary's. Most of the time I like it too. I have exams coming up and I should be busy studying. You do not have exams because you are a tree. I don't think that there is much more to talk about as we don't have a lot in common, you being a tree and such. But I'm glad we're in this together.

Cheers,

F

### **Example 3 from The Atlantic article**

29 May 2015

Hello F,

I do like living here.

I hope you do well in your exams. Research has shown that nature can influence the way people learn in a positive way, so I hope I inspire your learning.

Best wishes,

Green Leaf Elm, Tree ID 1022165

**Directions:** Take a walk in nature and try to enjoy the scenery. When you return write a letter to nature (e.g., tree, plant, flower, insect, animal). Feel free to share what you noticed, what it made you think, or how it made it you feel.

### **Sources**

The Atlantic article- When You Give a Tree an Email Address

<https://www.theatlantic.com/technology/archive/2015/07/when-you-give-a-tree-an-email-address/398210/>

Books for Psychology Class

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<https://www.theguardian.com/environment/2015/jan/29/city-of-melbourne-prepares-to-see-some-emails-lovely-as-its-trees>

BBC article- The Melbourne treemail phenomenon  
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