

# The Young Tree

HELP! I NEED SUPPORT!

When trees are young they need some kind of support to help them grow straight and strong. Their trunk is very fragile and their roots haven't had time to create a solid and safe basis under the soil. If no one ties them to a pole the little plants will bend over and break with the first gust of wind. For sure they will grow crooked!



Kids need the right kind of support to help them grow straight and sturdy too. This kind of support is called discipline. No poles or sticks to be tied to, but rules to follow and limits to observe!

Being supported feels so much better!

If I learn what is good for me I can give myself some limits too!

## ROLE PLAY

Take turns playing the part of a farmer, a young tree and the wind. The first scene shows the tree falling down when the wind starts blowing because the farmer didn't tie it to a pole. The second scene shows the plant tied to the pole. It is healthy and happy and growing straight thanks to its support.

How do the farmer and the tree feel? Make up the dialogue!

When you have finished the role play discuss the meaning of discipline with your friends and why it is a form of support. Have you ever felt like the little tree bending in the wind? Who represents the farmer for you? What kind of wind could make you grow crooked?

Discipline is an important tool on planet earth. If you don't have discipline it's like riding a bike, without knowing how to use the brakes!

