



Every summer while I was completing my Bachelor of Kinesiology I would go tree planting. In those summers I planted more than 250,000+ trees. Tree planting was an exceptional experience that provided many life lessons. Some of the most interesting people I met were from tree planting camps. Individuals from all walks of life came to plant trees. I also learned a great deal about myself. Learning my personal limits during tree planting was an experience that I believe has been beneficial. There is a major different between physical exhaustion and mental exhaustion. Tree planting pushes the limits of physical exhaustion while promoting mental relaxation. I found this to be the opposite of greater society in general, which sees people mentally exhausted while remaining physically fresh from lack of use. The connection I draw from comparison is the importance of activity in the classroom. Being physically active relieves the brain for a short while.