# Discover Redwoods
## Lesson #2 Explore

<table>
<thead>
<tr>
<th>Step 1: Mindfulness</th>
<th>Click here to watch Deborah doing a 4.00 minute <a href="#">Redwood Tree Yoga Video</a>.</th>
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</table>
| Step 2: Watch Video | • Click here to watch the [Redwood Scavenger Hunt Video](#)  
**Go to #3 in your Journal: Redwood Scavenger Hunt**  
Fill out the chart in your journal to share what you learned about different objects in the redwood forest. |
| Step 3: Tree Cookie Activity | Print, or look at online, the three different [tree cookie pictures](#). (Or look at real tree cookies if you have them.)  
**Go to #4 in your Journal: Tree Cookies**  
Fill in the chart to write down what you notice, what you wonder about, and what the tree cookies remind you of. |
| Step 4: Watch Video | • Click here to watch the [Build a Tree Video](#).  
**Go to #5 in your Journal: Build a Tree**  
Label the tree parts diagram and write down one thing that part of the tree does. |