



Hi, My Name Is...

And I Change With The Seasons

Date: _____ Time: _____

Use the spaces provided to draw your tree, and use the smaller spaces to draw details such as the leaf shape or seed type. Lined space can be used for making observations or writing down questions to be answered later.

How healthy is your tree?
Are there signs of disease?

What species is your tree?
How do you know?



Take a moment to observe the weather around you, then turn your focus inward to notice how you're feeling. Describe both the weather around you and your "internal weather" below.

