

## Tree leaves falling free

Fall is time of year often symbolic of change, rest, and letting go. As the days get shorter and cooler, trees protect their energy for the upcoming winter by letting go of their leaves, dropping their cones, and pulling their store of water and nutrients deep into their roots. Some trees even change colors!

*As you walk through the park, draw what you see around you in the space below.*

**Notice how deciduous trees (trees that lose their leaves each season) like alder, maple and cottonwood trees are different from the evergreen trees (trees that remain green all year) like Douglas fir, western red cedar and Sitka spruce trees. As you look around and draw what you see, reflect on these questions inspired by the fall leaves falling free:**

- Why is it important for trees to conserve energy in the winter? How do you rest and conserve energy?
- What are some ways you get ready for fall and winter? Do you see any animals in nature getting ready in similar ways? Or different?
- Harsh winters can be difficult to survive in nature for plants and animals alike. Think of a difficult challenge you've faced and overcome in the past. What were the reasons you were able to overcome this challenge?

