

# Autumn Leaves



- Take time this week to appreciate the Autumn leaves. Notice their different colours and textures. Rediscover your inner child by crunching through them!
- Autumn leaves are a metaphor for letting go. The tree doesn't need them anymore, so it sheds its leaves to make way for fresh growth in the Spring.
- Is there anything in your life that it's time to let go of?
- Why not choose a leaf that symbolises this, and use it to remind you that letting go of the old prepares the ground for new beginnings.