

Conkers



- Think about the spiky chestnut case, is there anything spiky or difficult in your life that needs sorting out?
- Can you be 'spiky'? Perhaps when you're tired, or feeling overstretched? Are there any simple changes you could make to look after your own mental and emotional well-being?
- Look at a beautiful, smooth conker. Reflect on how something so lovely can come from something so rough.
- Think how one small conker can grow into a majestic horse chestnut tree.
- You may like to keep a conker on your desk – or in a pocket - to remind you of a transformation you'd like to see, either in your own circumstances or in the world around you. How could you be part of that change?