



Choose Your Tree Companion

A gentle reflection sheet for Trinity College Botanic Garden

Choose one tree that feels calm, interesting, beautiful, protective, or familiar. There is no right or wrong choice. You can return to the same tree over time and notice what changes.

| Date | My chosen tree | Visit number |
|----------------------|----------------------|----------------------|
| <input type="text"/> | <input type="text"/> | <input type="text"/> |

Calming voice

Quiet, shaded,
soft, or steady

Curious choice

Unusual shape,
story, or species

Familiar choice

Reminds you of
home or comfort

Return choice

Quiet, shaded,
soft, or steady

Why did I choose this tree?

What did I notice today?

How did I feel before and after visiting?
