



Choose Your Tree Companion

A gentle, private space to notice your tree, your senses,
and how you feel before and after visiting.

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.

About my visit

Name or initials (optional)

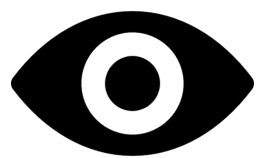
Date

Tree companion chosen
(For example, Dawn Redwood)

Where is the tree?
(For example, near the path or arboretum)

Sensory Noticing

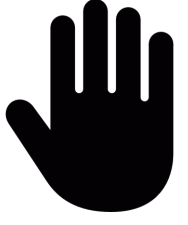
These prompts are optional. You can answer one, all, or none of them.



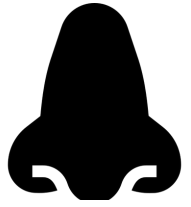
What can I see?



What can I hear?



What can I feel? (touch, ground, temperature, shade, breeze)



What can I smell?

Before and after

How did I feel before visiting?

Stressed Tired Overwhelmed Calm Curious

How did I feel after visiting?

Calmer More grounded Reflective Connected Still difficult

What changed if anything? (You might write about your mood, focus, thoughts.)

Return to my tree

One thing I might notice next time

Tree Companion

A concept exploring quiet connections between students and trees at Trinity College Botanic Garden. Every tree holds a story. Choose one and return to it.