NATURE NOTES

Connecting You To Nature

Aspen Trees

In autumn, many trees drop their leaves and shut down until spring. Aspen leaves fall away, but a little bit of chlorophyll is still found under the tree's thin bark. This allows aspens to keep photo-synthesizing all winter long! The tree stores up energy and the bark is good food for rabbits, porcupines and other gnawing animals.

CONNECT WITH NATURE

You can't tell by looking at them, but aspen trees have a layer of green chlorophyll hidden beneath the surface of their bark.

What's something surprising that most people don't know about you?

What hidden skills do you possess?

SCAN & WATCH: Nature videos can help you feel relaxed. Enjoy this video of aspen trees & clouds in fall...

NATURE-BASED THERAPEUTIC SERVICES:

professionally facilitated educational and play-based interactions with plants, animals and natural landscapes to bring about measurable outcomes in human health and wellbeing

Minnesota Landscape ARBORETUM

Benefits

Reduce Anxiety | Reduce Stress | Increase Relaxation | Improve Mood | Motivation | Happiness | Comfort | Promote Physical Activity | Express Emotions | Increase Sensory Stimulation | Social Connection

Pediatric Integrative Health and Wellbeing Program