

HERE

HORSE CHESTNUT TREE OF STEADY THINGS

Mindful activity inspired by London's trees



The horse chestnut tree has a strong trunk that helps it stand steady through wind, rain, sunshine and change. Its wide branches offer shade, shelter and space to pause.

WRITE, COLOUR + DRAW: THREE THINGS THAT HELP ME FEEL STEADY:

Writing or drawing my three steady things helps me remember what supports me when life feels wobbly. These might be people, places, pets, breaths, songs, kind words or quiet moments in nature.

Like treasures under a horse chestnut tree, my steady things can help me feel calm, strong and supported.

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