



TREE SCHOOL

Gardening in the *Winter*



INNER

- Go inside your heart by setting aside quiet time and allowing yourself to tune in and slow down.
- Create some boundaries around distractions when you're overstimulated, and see how you feel as a result.
- Make a cozy, warm garden space and spend time outside; what are you learning about yourself and the space?



HOME

- Set aside space where you leave soil bare for ground-dwelling bees, and mulch the rest!
- Revive soil health by removing landscape fabric, rehydrating the soil, and finishing with mulch.
- Prune fruit trees and evergreens.
- Build a compost pile - choose an approach and go for it!
- Clean and organize your tools, or even treat yourself to new ones!
- Evaluate the habitat in your yard. Which birds and mammals are visiting? What habitat elements could be added next year?



WORLD

- Give attention to one thing in the world that really pulls at your heart and create a garden altar about it.
- Choose one positive thing that inspires you and create something in your garden that reminds you of it.
- Take note of how your relationship with the two activities above begins to shift and change over the winter.



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