

TREE SPECIES IN SCOTLAND



Taking a walk in nature can be a great way to boost your wellbeing, especially as the days get shorter. Use this handy leaf guide to identify what trees you spot whilst on an Autumnal walk!



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AUTUMN LEAF ACTIVITY IDEAS:



Collect a few colourful, interesting leaves and craft an autumn collage or garland.



If you have a garden, leave fallen leaves on the ground for wildlife and to nourish the soil.