Autumn Leaves

As the seasons change, the trees change. Leaves change colour and eventually they fall to the ground. In the Spring, trees use the leaves that have become part of the soil to help them grow.

People go through seasons too. Some things come to an end, and others begin, but the change can be difficult. Christians find comfort in knowing that God is always loving and always with them present, giving them strength in all seasons.

What's changing for you? School? A friendship? Family?
Is there something that you want to change and make better?

If you would like to, you can write or draw something about what's changing onto an Autumn leaf and add it to the tree as a thought or a prayer.