



If you were a plant, what type of plant would you be in Fall? Why?

2



What Is So Special About The Fall Season?

3



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10/7/2023 8:51 PM

What Can We Learn From Nature About Resilience?

4



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What Can We Learn From Traditional Cultures About Change?

5

Eastern Chinese culture teaches the significance of **Impermanence**, as the seasons change so do our emotions, and so do the leaves falling from the trees. Everything is constantly changing and adapting to change. **Resilience**, is how to adapt and persevere when confronted with change, enduring and thriving in challenge. **Respect of nature**, we are all interconnected with the environment, respecting the work of nature rather than against the valuable lessons of change it presents to us.



How Does The Season Of Fall Set The Foundation For The Renewal Of Spring?

Fall's focuses on letting go. By releasing the body of any negativity or unhealthy habits this creates space for new growth. Autumn brings in an energy that detoxifies and nourishes the body. Preparing for the rejuvenation and renewal associated with spring.



Powerpoint production - by all
Content paper - by all

Celisia Berrington - What makes autumn a special season

Anthony Taylor - Lessons from nature to learn about resilience

Nacea Findley - Lessons to learn from traditional cultures about change

Ashana Ross - Foundation of fall season for the renewal of spring

**Thank You
For
Watching & Listening !**

