

Nature as Metaphor: Roots and Stability

Name _____ Date _____

Understanding Roots and Stability

Grounding is your ability to stay steady and supported, even when life gets messy. Like a tree, your strength doesn't come from avoiding storms, it comes from having deep roots. Trees grow into stability through connection with what sustains them.

This exercise uses the image of roots, trunk, branches, and leaves to explore how you can stay grounded and where you might need more support.

Reflection Questions

What does stability look like in your life right now?

Where do you feel ungrounded or scattered?

What supports you when things get difficult?

What does this remind you of in nature?

Ecotherapy Exercise: “Becoming the Tree”

Instructions

Go outside and find a tree. Stand or sit near it comfortably. Spend a minute noticing the tree as it is. No analysis, no assumptions, no judgments. Just observe and describe it to yourself.

Become the Tree:

1. Imagine roots extending from your feet into the ground.
2. Notice your body like a trunk. Stable, upright, supported.
3. Bring awareness to your arms and head as branches and leaves.
4. Feel the “weather” around you without resisting it (wind, temperature, sounds).
5. Stay with this for 3–5 minutes.

Prompted Reflection

When you became the tree, what did you notice about your body?

Did you feel more or less grounded? Why?

What surprised you about becoming the tree?

What felt uncomfortable or difficult about becoming the tree?

Integration: Finding Your Roots and Stability

Journaling Prompts

How does grounding (or lack of it) show up in your daily life?

What usually pulls you out of stability?

What helps you feel rooted and supported?

What is one small way you can strengthen your “roots”?

Micro-Practice

Pause, feel your feet on the ground, and take one slow breath as if you’re rooting into the earth.

Optional Challenge

Spend 5 minutes each day standing or sitting near a tree, focusing on stillness and support instead of any “to do” lists you may have.

This exercise builds awareness of grounding and resilience by linking your inner stability to a living system through the skill of Nature as Metaphor. It helps you recognize what supports you, where you’re unstable, and how to strengthen your foundation through connection, not control.