



# making connections

a workbook for building relationship with  
**SOUTH AFRICAN**  
TREES

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## GUIDE

**Each page has a cyanotype image of a part of the plant, as well as prompt with spaces for you to make notes.**

### SIT-SPOT LOCATION/S

A sit-spot is a place in nature where you can sit undisturbed for 20+ minutes and connect with the plant you are building relationship with.

### SENSORY CONNECTION

Use your 5 basic senses (and any others you are aware of) to connect to the plant. What do you see, smell, hear, feel and taste? Focus on the plant as well as the environment it is in.

### BODY CONNECTION

How do you physically relate to the plant and the environment you're both in?

### INTUTION

Note any feelings, ideas or other thoughts you have whilst spending time with this plant.

### OTHER HUMANS' REFLECTIONS

Add research done by others .

### OTHER NOTES

Add anything that doesn't fit into the other categories that you'd like to remember about the time spent with this plant. You can also use this space for sketching.



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INTUITION

SIT-SPOT LOCATIONS

BODY CONNECTION

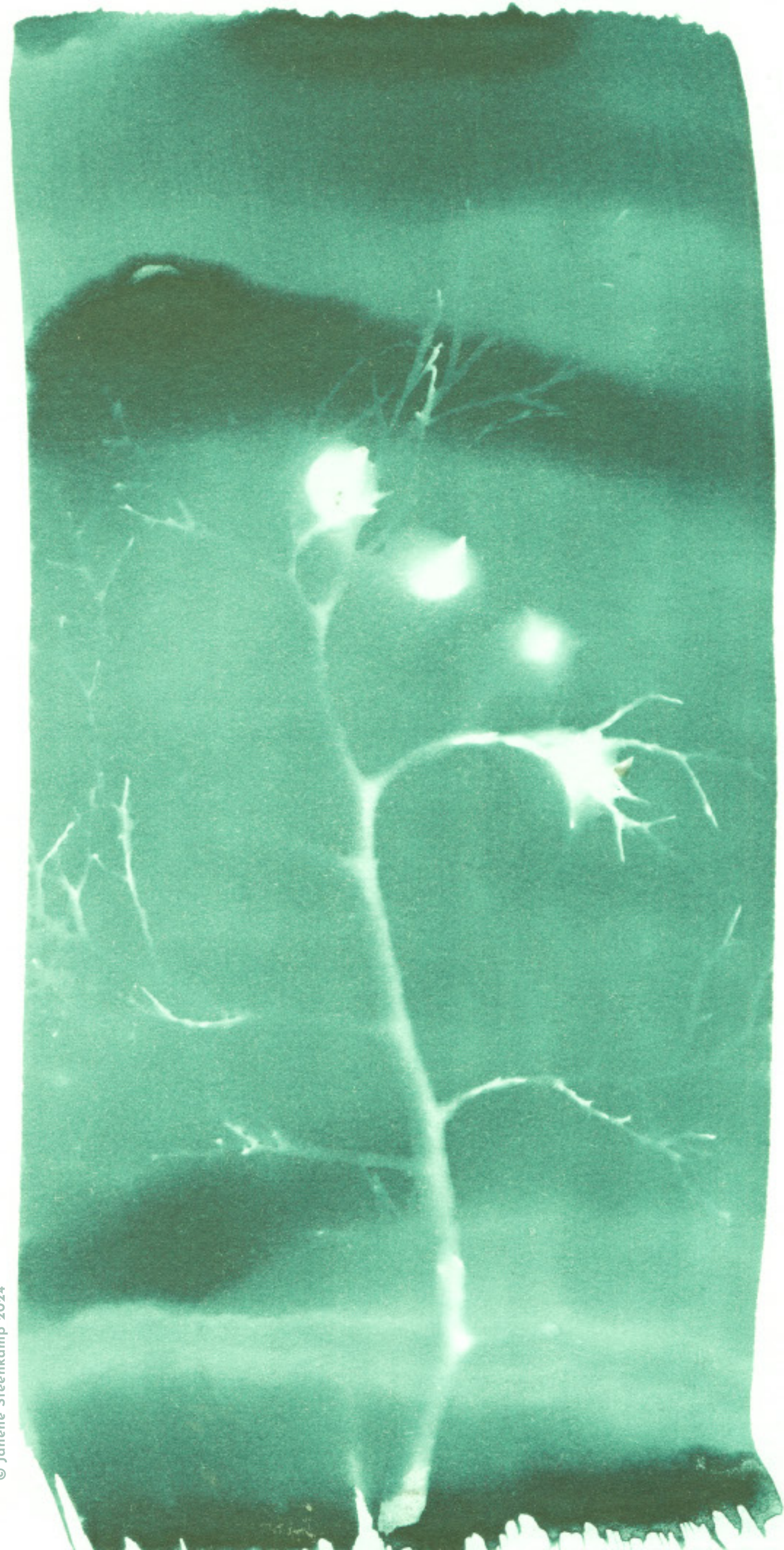
OTHER NOTES

SENSORY CONNECTION

OTHER HUMANS' REFLECTIONS

*Cussonia spicata* Thunb.

# CABBAGE TREE



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INTUITION

SIT-SPOT LOCATIONS

BODY CONNECTION

OTHER NOTES

SENSORY CONNECTION

OTHER HUMANS' REFLECTIONS

*Widdringtonia cedarbergensis*  
CAPE CEDAR



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INTUITION

SIT-SPOT LOCATIONS

BODY CONNECTION

OTHER NOTES

SENSORY CONNECTION

OTHER HUMANS' REFLECTIONS

*Calodendrum capense*

# CAPE CHESTNUT



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INTUITION

SIT-SPOT LOCATIONS

BODY CONNECTION

OTHER NOTES

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OTHER HUMANS' REFLECTIONS

*Ilex mitis*

# CAPE HOLLY



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INTUITION

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BODY CONNECTION

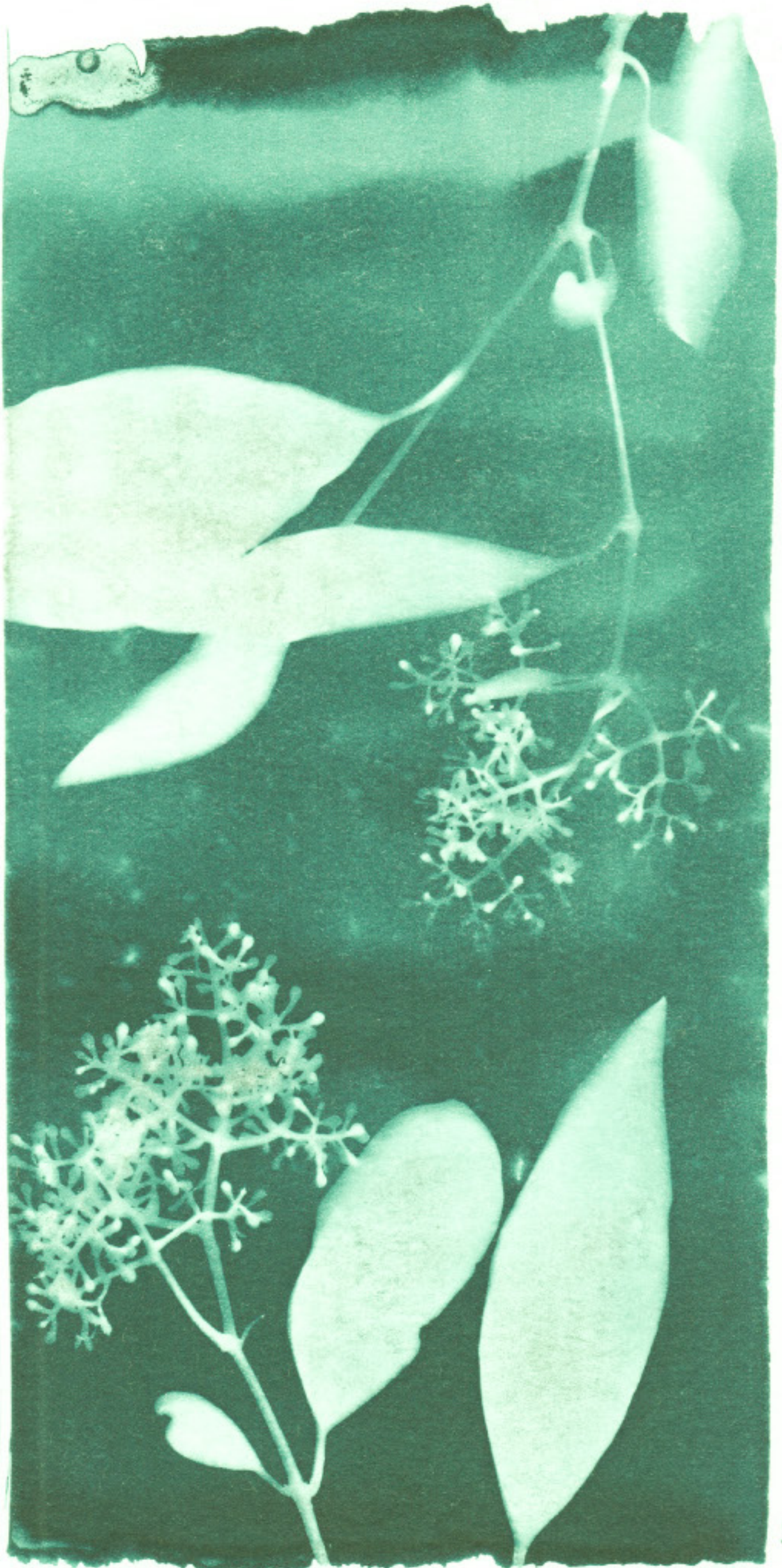
OTHER NOTES

SENSORY CONNECTION

OTHER HUMANS' REFLECTIONS

*Salix mucronata*

CAPE WILLOW



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INTUITION

SIT-SPOT LOCATIONS

BODY CONNECTION

OTHER NOTES

SENSORY CONNECTION

OTHER HUMANS' REFLECTIONS

*Olea capensis*

IRONWOOD





INTUITION

SIT-SPOT LOCATIONS

BODY CONNECTION

OTHER NOTES

SENSORY CONNECTION

OTHER HUMANS' REFLECTIONS

*Protea cynaroides*

KING PROTEA



INTUITION

SIT-SPOT LOCATIONS

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OTHER NOTES

SENSORY CONNECTION

OTHER HUMANS' REFLECTIONS

*Cassine papilosa*

SAFFRONWOOD



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INTUITION

SIT-SPOT LOCATIONS

BODY CONNECTION

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OTHER HUMANS' REFLECTIONS

*Buddleja salviifolia*

SAGEWOOD



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INTUTION

SIT-SPOT LOCATIONS

BODY CONNECTION

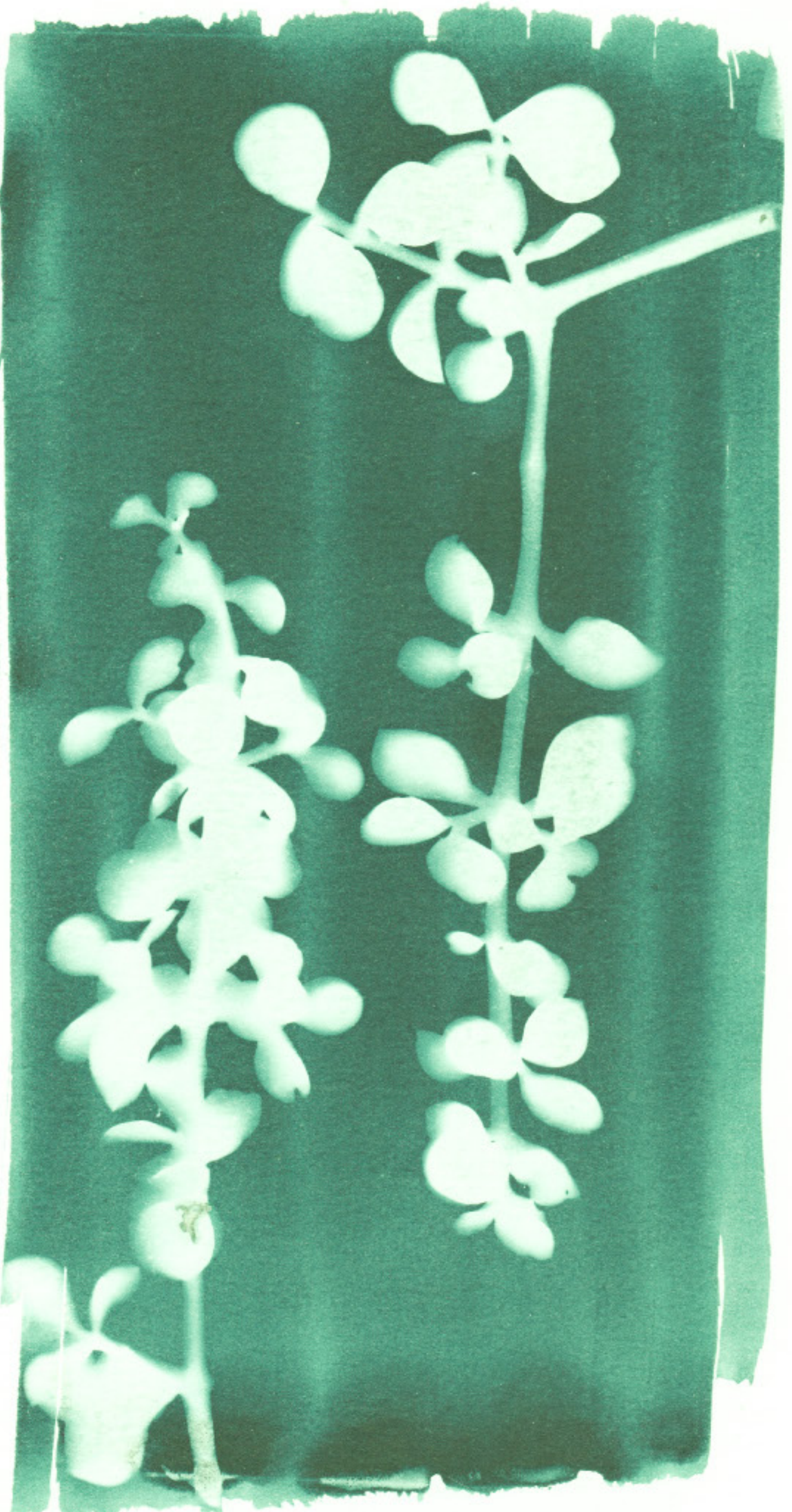
OTHER NOTES

SENSORY CONNECTION

OTHER HUMANS' REFLECTIONS

*Vachellia karroo*

SOETDORING



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INTUITION

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OTHER HUMANS' REFLECTIONS

*Portulacaria afra*

SPEKBOOM



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INTUITION

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*Gymnosporia heterophylla*  
SPIKETHORN

INTUITION

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OTHER HUMANS' REFLECTIONS

*Aloidendron barberae*

TREE ALOE





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INTUITION

SIT-SPOT LOCATIONS

BODY CONNECTION

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OTHER HUMANS' REFLECTIONS

*Bolusanthus Speciosus*

TREE WISTERIA





INTUITION

SIT-SPOT LOCATIONS

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OTHER HUMANS' REFLECTIONS

*Syzygium guineense*

WATERBERRY



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INTUITION

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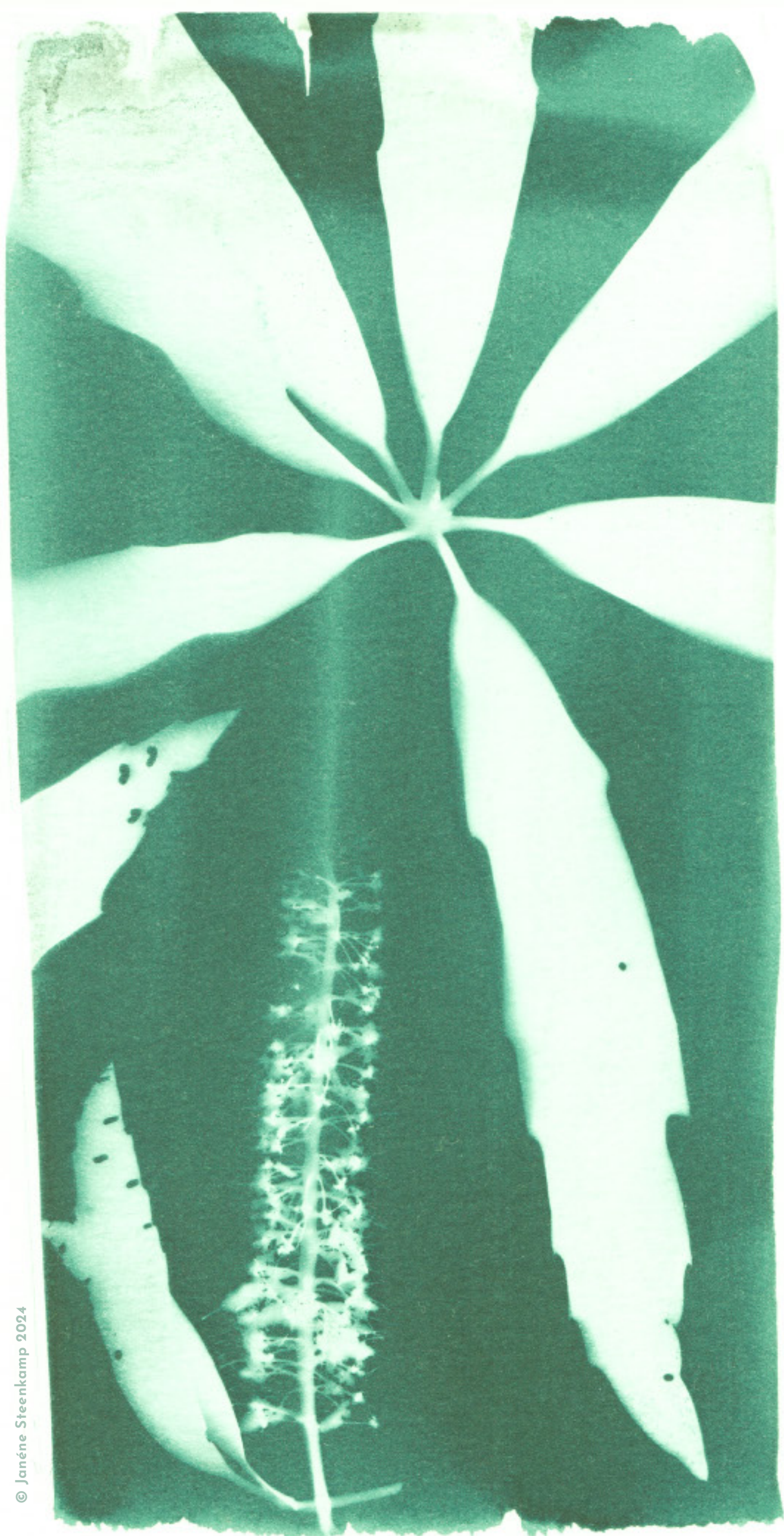
OTHER NOTES

SENSORY CONNECTION

OTHER HUMANS' REFLECTIONS

*Celtis africana*

WHITE STINKWOOD



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INTUITION

SIT-SPOT LOCATIONS

BODY CONNECTION

OTHER NOTES

SENSORY CONNECTION

OTHER HUMANS' REFLECTIONS

*Brabejum stellatifolium*

WILD ALMOND



INTUITION

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OTHER HUMANS' REFLECTIONS

*Olea europaea subsp. africana*

WILD OLIVE



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INTUITION

SIT-SPOT LOCATIONS

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*Kiggelaria africana*

WILD PEACH

INTUITION

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SENSORY CONNECTION

OTHER HUMANS' REFLECTIONS

*Podocarpus latifolius*

YELLOWWOOD

