

Holly



- Holly trees were historically planted in deer parks as the leaves were a good source of nourishment. The fallen leaves are also useful for hibernating hedgehogs and other creatures.
- Holly berries are poisonous to humans, dogs and horses, but a great food source for birds and mice. Traditionally it was thought that lots of berries were a sign it would be a hard winter, although there is no real scientific evidence for this.
- Which part of the bush do you most identify with? Are you a bit like the leaves - glossy, but a bit prickly or quick to react – especially when you're tired?
- Do you relate more to the red berries? Able to be bright and cheerful, even on a dark, grey day?
- Most holly bushes are evergreen. Have you found strategies to keep yourself going, even when you're under pressure?
- We're probably a mix of all three, but maybe we can try to be more berry, less leaf this Christmas!