



Duration 60
mins



Materials Required: scissors,
glue, leaf template, tree drawing, coloured pens

Creating your gratitude tree

Aim:

To think about everything you are grateful for in your life.

Expressing gratitude is a small act that can make a big impact on your mood and perspective. With gratitude you acknowledge the goodness in your life

Instructions:

Step one: Make one or more leaf cut outs to use as a template for your leaves.

Step two: Have everyone write/draw or even find a photograph of the things they are grateful for, using the leaves you have cut out

Step three: Print or draw a tree (you could even get some sticks to add to your if you wanted to)

Step four: Using the glue, stick each leaf to your tree

Step five: Behold! Your Gratitude Tree!

Step six: In turns, read out what you've written on the leaves



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