

30 - 45  
Minute  
Activity  
For  
Everyone

## Who Helped You Grow?

Like the rings of a tree which mark growth and change, our lives are filled with people who have helped guide, shape and nurture our path of personal growth. Though these people and past experiences cast an array of emotions, we cannot deny that they have helped to shape who we have become. Expressing our gratitude and celebrating these people is a way of honouring your relationship, deepening your sense of connection to them and your shared experiences. Here is an activity for you to reflect on your rings of growth and the impactful people who have helped you along your path, deepening your sense of self.

Thank you to ALIVE Instructor Bonnie Smith for sharing this reflective gratitude activity with all of us.



### Reflection Questions:

- How did participating in this activity make you feel? Why?
- Did you find it challenging to reflect and think about people you are grateful to have in your life?
- What stood out to you the most throughout this activity?
- How can we express and evoke gratitude more in our daily lives?

### Activity:

- Start by thinking of an outdoor space, whether it be in your own back yard or local green space, that you are drawn to.

*Ensure this space is free from interruptions and the distractions of technology.*

- Go to that outdoor space and start by sitting on the ground in an upright comfortable position.
- Next, start to slow your mind, taking deep consecutive breaths.
- Reflect and think about the people who have positively impacted your life, people that have helped shape you and guide you along your path.
- When you're ready, stand up and look around at the natural elements you have available to you. Using those elements create a circle of gratitude.

*This circle of gratitude can be made of sticks laid on the grass, drawing in the dirt, a natural puddle of water, etc.*

- Next, one at a time, collect a piece of nature that represents one of the people whom you've reflected on.
- Before placing it into the circle, say the name of that person you are grateful for out loud and express why. Take a breath and then add that representative piece of nature to your circle of gratitude.
- Continue to add pieces of nature, each piece represents a different person, until you feel your circle of gratitude is complete.

**Materials Needed:** Outdoor Space and Natural Materials.