ALIVE OUTDOORS
Adventure • Leadership • Individuality • Values • Empowerment

30 – 45 Minute Activity For Everyone

Gratitude Tree

Although some days are filled with curve balls and stressors that we may not expect, there is often a silver lining. Creating space to reflect on our day and what brought us joy and comfort allows us to appreciate the moments and little things we are grateful for. Making a gratitude tree is a way to spend time at the end of your day to reflect and write down these moments of gratitude. Contributing to your tree over time creates a visual marker that will encourage you to keep a positive mindset and focus on the moments you appreciate.

Activity:
- Start by gathering all the materials you will need to create your own gratitude tree.
- Cut out several different shaped leaves from your coloured paper. Cut your leaves free hand or make a leaf template to follow.
- Once you've cut out several leaves, punch a hole in the top of each leaf to loop a small string through it, tying each loop closed.
- Put some stones in the bottom of your vase and stick the twigs in the middle. Adjust the stones so the twigs are anchored in place.
- Next, take a deep breath and reflect on your day. Write or draw something you are grateful for on a leaf then hang that leaf on the twigs in your vase.
- Continue to reflect and write or draw things you are grateful for on the cut-out leaves, hanging each one, creating your gratitude tree.
- Once you have added what you are grateful for from the day, read them and take another deep breath.
- Over the coming days, continue to take moments of reflection throughout your day to add more leaves.

Reflection Questions:
- How did you feel while creating your gratitude tree?
- Was there anything that surprised or stood out to you at all?
- Was it challenging to reflect on your day and identify moments or things you're grateful for?
- How can you encourage others to reflect on what they are grateful for?

Materials Needed:
- Coloured Sheets of Paper
- String or Ribbon
- Scissors
- Twigs or Sticks
- A Vase
- Stones or Marbles (something weighted to help your vase not fall over)