

# GRATITUDE

# Tree



# Gratitude Tree

## Instructions

### Objective:

To create a visual representation of gratitude and positivity by building a tree filled with 'leaves' that have messages of gratitude written on them. This activity is aimed at improving well-being and mental health for participants of all ages.

### Players:

Individuals or groups in homes, classrooms, or workplaces.

### Materials:

- Multiple coloured sheets of paper.
- Scissors and glue.
- Tree branches or brown cardboard (for creating the tree structure).

### Setup:


- Design and create the tree trunk and branches on a blank wall.
- Cut out leaf shapes from the coloured sheets of paper.

### Gameplay:

- Participants write something they are grateful for on a leaf.
- They then attach their leaf to the tree's branches.
- This can be done daily or weekly, with each leaf adding to the gratitude tree.



### Variations for Different Settings:

- Educational Edition: Use it as a tool for teaching empathy and gratitude in schools.
  - Corporate Edition: A workplace activity to boost morale and team cohesion.
  - Family Edition: A home-based activity encouraging family members to share positive thoughts.
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### Additional Notes:

- The Gratitude Tree is a craft activity and a meaningful way to encourage reflection on the positive aspects of life.
- It serves as a beautiful and constant visual reminder of the things that bring joy and gratitude.
- This activity can be customised with different questions and themes to suit the group's dynamics.

Video download link [HERE](#).

