

Gratitude Tree

GRATITUDE

To help students practice gratitude, reflect on the things they are thankful for, and work together to create a collective Gratitude Tree by adding leaves with drawings or words of thankfulness. This activity encourages self-reflection, creativity, and teamwork.



Learning Intentions

I can practice gratitude by identifying and reflecting on things I am thankful for:

This encourages students to recognise the positive aspects of their lives and develop a habit of thankfulness.

I can express my feelings of gratitude by drawing or writing about things I am thankful for on leaves:

This helps students express their emotions creatively and reinforces the importance of positive reflection.

I can work together with my classmates to contribute to a collective tree of thankfulness:

This promotes teamwork and collaboration as students contribute their individual expressions of gratitude to a shared project.



Success Criteria

I can think of something I am grateful for and draw or write it on a leaf:

This ensures students actively engage in the reflection process and think about the things that bring them joy and thankfulness.

I can share my gratitude with the group by adding my leaf to the tree:

This encourages students to communicate their feelings of gratitude and contribute to the collective creation of the Gratitude Tree.

I can listen to others and appreciate their expressions of gratitude, contributing to a positive, thankful classroom environment:

This fosters positive social interactions and empathy as students celebrate the things they are thankful for together.



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Objective:

To help students practice gratitude, reflect on the things they are thankful for, and work together to create a collective Gratitude Tree by adding leaves with drawings or words of thankfulness. This activity encourages self-reflection, creativity, and teamwork.

Players: Ideal for 4-20 students.

Materials:

- Large bulletin board or wall space to create the tree.
- Paper or pre-cut leaf shapes for students to write or draw on (having different coloured leaves using greens, browns, reds, orange and yellow helps to make the tree look amazing and realistic).
- Crayons, markers, or coloured pencils for drawing and writing.
- Tape or glue to attach the leaves to the tree.

Time Required: 10-15 minutes for creation and contribution, with an ongoing aspect for continuous additions.

Setup:

Prepare a large tree on a bulletin board or wall with branches where leaves can be attached. Provide each student with a paper leaf to decorate with drawings or words that represent things they are grateful for (e.g., family, friends, food, nature, pets, experiences, memories). Ensure students have access to crayons, markers, or other materials to write or draw their gratitude.

Gameplay:

1. Introduce the Activity:

Explain to students that they will be contributing to a Gratitude Tree, where they will add leaves to represent the things they are grateful for. Encourage them to think about the people, experiences, and things in their lives that bring them happiness and appreciation.

2. Create the Leaves:

Give each student a leaf (either blank or pre-cut) and ask them to draw or write about something they are grateful for. This could be as simple as "my family," "my friends," "my dog," or "the sunshine." Encourage creativity in both words and drawings.

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3. Add to the Tree:

Once students have completed their leaves, invite them to come up and attach their leaf to the Gratitude Tree. As they add their leaves, they can share their gratitude with the class, saying what they are thankful for and why it's important to them.

4. Build the Collective Tree:

As the day progresses or throughout the week, continue to add leaves to the Gratitude Tree. You can encourage students to add a new leaf every day or week as they reflect on new things they are grateful for.

5. Reflect on the Tree:

After a few days or when the tree is fully decorated, gather the students together to look at the tree and reflect on how many things they are all thankful for. Celebrate the collective gratitude by discussing the positive aspects of the tree and how it represents the things that make the classroom community strong.

Winning the Game:

There is no winner in this activity. The goal is to practice gratitude, encourage self-reflection, and create a collective, positive environment where students can contribute to a shared project of thankfulness. Success is measured by participation, reflection, and teamwork.

Family or Classroom Variation:

In a family or classroom setting, you can create a Gratitude Tree in the home or class that stays up throughout the year. Encourage students or family members to continue adding leaves as they reflect on new things they are grateful for. Alternatively, you could have a "Gratitude Journal" where students or family members write down something they are thankful for each day and share it at family meals or during class meetings.

Additional Notes:

The Gratitude Tree is a beautiful way to encourage positive thinking and reflection. It promotes a culture of appreciation and thankfulness, fostering a supportive classroom or family environment. The collaborative aspect helps students connect with one another and understand the shared importance of gratitude, creating a powerful reminder of the good things in life.

