

Gratitude Tree

Date / Time

So far today, have you brought kind awareness to your:

☐ Thoughts? ☐ Heart? ☐ Body? ☐ None of the Above

This is a great activity for children, but it can also be effective for youthful-minded adults who are open to experiencing a childlike sense of fun and wonder.

You will need several double-sided colored sheets of paper, string or ribbon, scissors, twigs or tree branches, some stones or marbles, a vase, and a sense of gratitude.

Step 1: Make one or more leaf cutouts to use as a template for your leaves. Trace your leaves on your colored paper using your template[s].

Step 2: Cut out the leaves, punch a hole at the top of each leaf, and loop your string or ribbon through each hole.

Step 3: Put the stones or marbles in a vase and stick the tree branch or twig in the middle.

Step 4: Have your [or your child] draw or write things that you [or your child] are grateful for on the leaves. You can also use photographs if you'd like.

Step 5: Hang the leaves from the branches, and behold your gratitude tree!

This activity is fun, easy, and results in a pretty reminder of the things that bring you or your child joy throughout your daily life. It may be intended for kids but there is no age limit on finding creative ways to cultivate your gratitude, so get to drawing!

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