



GRATITUDE

Refocus your thoughts and explore ways to practice being grateful.

Activity overview

A great way to visually reflect on the positive things in your life

Equipment required

Paper/Material and offcuts

Pens/Paint/
Crayons

Scissors

Any material for leaves

Time required

5 – 30 minutes

GRATITUDE TREE

WHY: Beautiful way to reflect and recognise things which are positive in our lives.

To Make a Gratitude tree:

Step 1: Find a small branch, make one from cardboard or paint one.

Step 2: Cut out small leaves from coloured paper.

Step 3: Punch a hole at the top of each leaf.

Step 4: Loop your string or ribbon through each hole.

Step 5: Put stones, sand, marbles or dirt in a pot and stick the tree branch or twig in the middle.

Step 6: Write things that you are grateful for on each leaf.

Step 7: Hang the leaves from the branches or, if a painted tree, glue the leaves on. Visit your tree from time to time and remind yourself of the things you are grateful for in your life.

This is a simple, creative activity that is a colourful reminder of the things that you are grateful for and that bring you happiness in your daily life.

For ideas please follow this link:

<https://www.themanylittlejoys.com/?s=Random+Acts+of+Kindness+Bingo>



Source: <https://www.themanylittlejoys.com/?s=Random+Acts+of+Kindness+Bingo>

This information is not for sale. It is for educational purposes only.

Contact us: Breathing_Space@maroonoec.eq.edu.au