



GRATITUDE TREE

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MATERIALS:

- Draw a brown tree trunk on a large sheet of paper or whiteboard
- Distribute three leaves/coloured post it notes/other shapes (e.g. heart shape for February, stars for Christmas, etc.) to each participant with a dark coloured pen

INSTRUCTIONS:

1. Ask participants to write something that they are thankful for (one or two words maximum) on the leaves
2. Participants can place their leaves on the tree at some point during a break. Breaks are a good time to do this as some participants may appreciate the anonymity

DISCUSSION:

The facilitator can ask the group if anyone would like to share what they are grateful for. Allow space to laugh at oneself (i.e. "grateful for flannel pyjama pants"). This gives the group permission to express all forms of gratitude, think deeply without ignoring the shallow and stretch their imagination to other points or ages/stages in their lives. It's very interesting to see duplicates, but it's also interesting to see simple versus complex, very tangible (e.g. possessions) versus non-tangible (e.g. love). Be sure to circle back during the conversation about the benefits of gratitude and how simple it can be to reflect and express gratitude daily.

