

Gratitude Tree



Research shows that when we focus on things we're grateful for, we literally rewire our brains to focus on the positive.

This can be an individual or a family project.

First look for twigs or a small tree branch when out on a walk with your family or you may be lucky enough to find twigs or a small branch in your garden. Next, make and decorate different color leaves to adorn the branch with messages about thankfulness. Once the leaves are attached, place the branch in a vase or jar.

What You Need:

Small tree branch / twigs,
Colours – paint, markers, crayons or colouring pencils
A vase or large jar
Construction paper or card
Scissors,
Glue or Pritt stick,
String or yarn,
Hole puncher
Dark permanent marker
Pebbles or marbles (optional)

What You Do:

1. Try to find a small tree branch or some twigs when out for your daily family walk.
2. Bring the branch/ twigs inside and set it on your table.
3. Think about what "gratitude" means. Gratitude has to do with being thankful. Brainstorm some things that you are thankful for in your family (e.g. food, water, shelter, love, family, friends, your pet, etc.).
4. Explain to your family that you are going to make your very own gratitude tree, you might like to add in some things that your family is thankful for.
5. You may decide to paint the branch/twigs – this is optional.
6. As the branch dries, draw leaf shapes on the construction paper or card. Try to make the "leaves" fairly big, so you will have enough room to write on them. Cut out the leaves aiming for about 10 finished leaves.
7. Use the hole puncher to create a hole at the top of each egg.

8. Write down things you are grateful for on the leaves. You can write one-word answers like "family," "love," or phrases like "friends that I like to play basketball with"
9. You can also add drawings and decorations to the leaves if desired.
10. When the branch is dry, place it in the vase or jar. You can surround the branch with pebbles or marbles to make it more sturdy.
11. Put string or yarn through the holes of each leaf and tie the leaves to the branch.
12. Refer your family to your gratitude tree throughout the Easter season to remind everyone of the importance of being thankful for what we have!
13. Feel free to keep adding leaves as time goes on.

We would love to see some of your Gratitude Trees so if you take a photo of it and email it to the school, we will put it up on our school website.