

Gratitude Tree Family Activity

Gratitude Tree



What you need

- Colored paper to cut out leaves. Use construction paper to trace & cut out gratitude leaves or just use included template.
- String or ribbon to hang the leaves on the tree branch.
- Scissors
- Twigs or tree branch
- Rocks to add stability to the branch.
- Vase

Activity

The Gratitude Tree is a family activity that is designed to teach appreciation for all the good things, big or small that you are grateful for. As you talk with your child ask the simple question,

“What are you grateful for?”

Gratitude is a way of expressing thanks and being mindful of what is going on in your life now and showing gratitude for those you hold close to your heart. The project is pretty simple and a lot of fun to make!

Directions

1. Cut out the gratitude leaves from the template provided to you.
2. Punch a hole in each leaf to loop a piece of string through.
3. Have your child draw or write things, experiences or people he/she is grateful for on the leaves. If your child is too young, you can write on the leaf for him/her or use photos and magazine clippings
4. Put stones in a vase, and balance the tree branch among the stones.
5. You can make a few leaves of your own to model the concept to your child.
6. Hang the leaves from the branch.

Suggestion

Use your Gratitude Tree arrangement as a center piece for the upcoming holidays.

