



My Gratitude Tree

Create a gratitude tree. A fun, creative and pretty way of acknowledging the good things in your daily life.

Did you know that expressing gratitude can improve your wellbeing as well as improve relationships with others?

What you'll need

- Coloured paper
- Pens
- Glue
- Leaf template (draw around a real leaf or use this [template](#))
- Tree drawing (draw your own or use this [template](#))



Cut out colourful leaves and write something you are grateful for on each one.

Expressing gratitude is a small act that can make a BIG impact on your mood and perspective. With gratitude, we acknowledge the goodness in our lives.

This activity results in a pretty reminder of the things that bring us joy in our daily lives. There is no age limit on finding creative ways to cultivate our gratitude.

Let's get drawing.

Instructions

1. Using the leaf template. Draw around the template a few times on a coloured or plain piece of paper.
2. With adult supervision, carefully use scissors to cut around the edges of the leaves.
3. It's time to decorate.
4. Write and draw the things you are grateful for on the leaves. You could also look for a photograph of something you are grateful for.
5. Take your tree drawing and using the glue, stick each leaf to your tree. You could even get some sticks to add to your tree to make it more realistic.

Behold, your Gratitude Tree! Why not take it in turns to read out what you've written on your leaves?

