

## **In tune with nature**

### **Growing gratitude**

Research shows focussing on things we are grateful for in life can help us feel more positive. Sometimes that can feel hard. So we are starting by being thankful for all the ways our wonderful trees 'give'...

Play, food, firewood, timber, paper, medicine, cleaning the air, climate control, pollution control through absorbing carbon and releasing oxygen so we can breathe. Trees also give back precious nutrients to the soil for other plants to use, like nitrogen. In Maori culture, a hand carved sculpture would be left as a token of gratitude when they harvested a tree.

If you could thank a tree for one thing, what would it be?

Create a 'thank you' sculpture using natural materials!