Forestry England

Tree of Life

Wellbeing activity sheet

No printer needed

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Forestry England
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Take some time-out

Sometimes it's useful to stop for a while and think about what is good in our lives and what we can always rely on.

Why not take some time out and have a go at our activity as we use trees as a way to think about our lives.

- **Start by drawing a tree.** Get a piece of paper and be as imaginative as you like, it can be a made-up tree and as big as you want. This can be done individually or with others.
- **Have a go at the activities,** starting from the bottom and working your way upwards. Activities don't have to be completed all at once, you could do this over a few days.
- It might help to **think of your favourite tree** or look out a window while you reflect.
- **Take time to share with others** what you have put around your trees.

Head straight to **the roots** at the bottom to start these activities.

wellbeing activity

#7 Seeds

Trees produce seeds to start the life of a new tree. We all have the ability to keep growing and developing and help those around us.

Can you think of two things you would like to develop or do over the next few weeks for yourself?

Why not do some research and ask other people for their top three things? Perhaps you can arrange to do them together.





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#6 Buds

In the spring, the buds of trees start to open and grow into new shoots, leaves or flowers.

Take some time to reflect over the last few weeks and list all the things you have enjoyed doing.

Have you started any new hobbies, experienced something new for the first time or developed some new skills?

Ask someone you know to do the same task. Then compare and see if you came up with the same things.

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#5 Leaves

The leaves play an important part on trees, they capture sunlight and help to turn it into energy and food for the tree to grow. Many of our friends, family, teachers, pets and even favourite teddy bears play an important part in our lives and make us feel warm (and safe).

Draw some leaves and write in the middle of them the names of those who are important to you. You can draw different shaped leaves to represent the name.

Why not write a postcard or call someone to let them know they are great or that you enjoy their company and are looking forward to seeing them again soon? Share a story of a time you had together.

Gwen

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#4 Branches

Branches grow and spread, just like our hopes and dreams. Along the branches write down your hopes, dreams, and wishes. These can be special to you or for the people around you.

You could also try making a sound recording on a mobile device for your top three dreams and wishes, or interview one of your family or friends asking them for theirs. **Did you come up with the same ones?**

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#3 Trunk

The trunks of trees can be described as strong and supportive.

How would you describe yourself? Maybe you are patient, caring, kind, generous, funny, hard working or loving.

Choose three words to describe yourself and write these on the trunk. If you prefer, you could draw a picture or symbol to represent the words. For example, if you are kind, you might draw yourself giving someone a hug.

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#2 The Ground

On the ground around the tree, sketch some pictures or symbols to represent the things you choose to do on a regular basis.

This may include your hobbies such as reading or playing sport. If you don't like drawing, find a picture in an old magazine or newspaper, cut it out and stick it on to your tree.

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#1 Roots

Start at the roots. Roots provide the tree with an anchor to the ground and help it to stand up strong and tall.

Think about your roots and where you come from. Write your thoughts amongst the roots of your tree. You can include things like your parents, your home town, your favourite place or special item such as a teddy bear.

Inspired by the work of David Denborough