

GRATITUDE TREE

Expressing gratitude is one of the simplest ways we can boost our wellbeing! Gratitude has powerful effects on our brain and our body. It helps us feel more positive emotions, savour good experiences, improve our health, and build strong relationships. Follow these steps to create and grow your gratitude tree.

On a piece of paper, draw the outline of a tree. Every day, draw 3 leaves on your tree. You may want to take inspiration from the tree and leaves below or design your own. On each leaf, write or draw a picture of something that you're grateful for. It may be a person, such as someone in your family or a friend, or it could be an object, such as your favourite book. As each day passes, you will start to see the tree grow with all the things you're grateful for. Each time you add something onto your gratitude tree, notice how you're feeling.

