

# Gratitude Tree - Crafts



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## WHAT MAKES IT MEANINGFUL

Focusing on gratitude helps individuals recognize the positive aspects of their life, which supports emotional well-being, reduces anxiety, and boosts mood. The tree grows over time and serves as a visual reminder of what we are thankful for.



# Gratitude Tree

## TIME

30 - 45 minutes to beginning (can add on over days/weeks)

## MATERIALS

- Large paper or poster board
- Brown marker or paper to draw/make a tree trunk and branches
- Green paper or any coloured paper (for cutting out leaves)
- Markers, pens, or coloured pencils
- Tape or glue
- Optional: stickers, gems, or other decorations

## INSTRUCTIONS

1. Gather all your materials in a comfortable spot.
2. Take your brown marker and draw a tree trunk with branches onto your poster (if you would like, you can trace out a big tree with a pencil first).
3. Next, cut out different sized leaves with your green/coloured paper.
4. Set aside half of your leaves for adding them to your tree in the future.
5. On each leaf, write or draw something you are grateful for (e.g., “my pet,” “music” etc.)
6. Decorate the leaves however you want (e.g. adding gems or stickers).

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7. Glue or tape your leaves onto your tree branches, leaving some room for future leaves to be added over time.
8. Keep adding leaves over time to grow your gratitude tree!

## **SUPPORTS NEEDED**

Support may be needed depending on the individual's needs.