



create a "Me Tree"



Use this activity to reflect on the unique things that make you – you, and the people, places and things that surround and support you.

Directions: On a piece of paper, trace your hand, but leave the fingertips open. On the fingertips, draw branches and leaves, as many as you want! Make sure to make the leaves large enough to write or draw inside! Then draw soil on the bottom of your page leaving room between the bottom of your paper and the top of the soil for writing or drawing!

Each element of the tree represents a different area of reflection. Doodle, draw or write in each of the sections your reflections of the prompt below.

Soil: "I am supported by..." - Reflect on the people and communities that support you to grow strong and kind.

Tree trunk and branches: "I am grateful for..." - Reflect on the places, things or experiences that you are grateful for (family, friends, school, church, the outdoors, etc.)

Leaves: "I love..." - Reflect on all the amazing things that make you – YOU! They could be adjectives (funny, smart, kind, helpful, good friend etc.) or your favorite hobbies and passions (playing soccer, painting, dancing with grandpa, learning math, etc.)

If you have them, color in your tree with crayons or colored pencils and get creative with other decorations! Continue to add to your tree as new reflections are discovered.

I LOVE...

I am...

I am GRATEFUL
FOR...

I am SUPPORTED
by...