



APPRECIATE

Activity Guide 6

Gratitude Tree

Key stage 1 • Years 1 & 2

ACTIVITY 6: Gratitude Tree

Learning objective:

- ▶ To create a visual representation of all of the things we are thankful for and to see this grow over time.
- ▶ To help your child get used to thinking about and capturing the things they are thankful for.

Learning approach:

Once a week, or however often you desire, you'll set aside some time to keep growing your Gratitude Tree!

You'll start with a trunk image on the wall and some branches (see the template for ideas).

Each time your child discusses something they are grateful for you'll capture it (or they will) on a leaf (see the template for leaf cutouts).

The child will then place the leaf on the branch (with your support if necessary) and each time they think of something else they are thankful for, it gets added to the tree.

In no time, your tree will be covered with leaves. This is a great exercise in reflecting on what your child is grateful for. It's also a fabulous visual to demonstrate the importance of gratitude and just how much there is to be thankful for.

Resources needed:

- ▶ Tree cut out template
- ▶ Leaf template
- ▶ Glue to stick the leaves on
- ▶ Pencils for your child/you to capture their gratitude

Top tips:

- ▶ We suggest that when you first start building your Gratitude Tree, complete this activity regularly, so that the tree grows really quickly!
- ▶ Your child may need support in writing what they're grateful for on the leaf.
- ▶ Why not have your child share what they're grateful for, before they put it on the Gratitude Tree. The more they talk about their thankfulness, the more benefit they get from the activity.
- ▶ Encourage your child to create leaves of all different colours. You don't have to use our templates - your child can design their own leaves if they like!

We'd love to see photos of the activities in action! Why not share your pictures at:



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