



Growing Our Gratitude Together

Materials

- A large poster board or butcher paper
- Brown construction paper
- Colorful construction paper for the leaves (reds, oranges, yellows, and greens)
- Markers or colored pencils
- Glue or tape
- Scissors

Instructions

Step 1. Create your gratitude tree and leaves

For your tree

To create your Gratitude Tree, cut out a large tree trunk with bare branches from brown construction paper or butcher paper and glue it onto the poster board, or draw the outline of the tree on the poster board.

See the *inspiration tree* on page 2.

Place your gratitude tree somewhere it can be easily reached, such as on a wall or door.

For your leaves

Print out the leaf templates on pages 3-8.

Using different colored construction paper, have each family member trace the shape of a leaf and cut it out.

Each person should make multiple leaves, and be sure to create leaves that are big enough to write on and will easily fit onto your tree.

Foster a sense of gratitude in your kids this holiday season while providing a fun, visual, hands-on experience for the whole family.

This activity not only teaches children about gratitude but also provides a visual reminder of all the good things in their lives.

Step 2. Gratitude activity

Each person chooses a leaf.

Write one thing you are grateful for on the front of the leaf.

Glue or tape your gratitude leaf onto the tree branches.

Encourage filling as many leaves as possible, emphasizing quality over quantity.

Step 3. Reflection

After a week or month, gather together and reflect on the Gratitude Tree to talk about what you're grateful for.

A few ideas to get you started

Talk about the variety of things we're grateful for, how our sense of gratitude grows over time, and how recognizing our blessings can make us feel happier and more fulfilled.

Tips

You can do this activity all at once or over time, such as writing a reflection at the end of each week and inviting others to add to your tree.

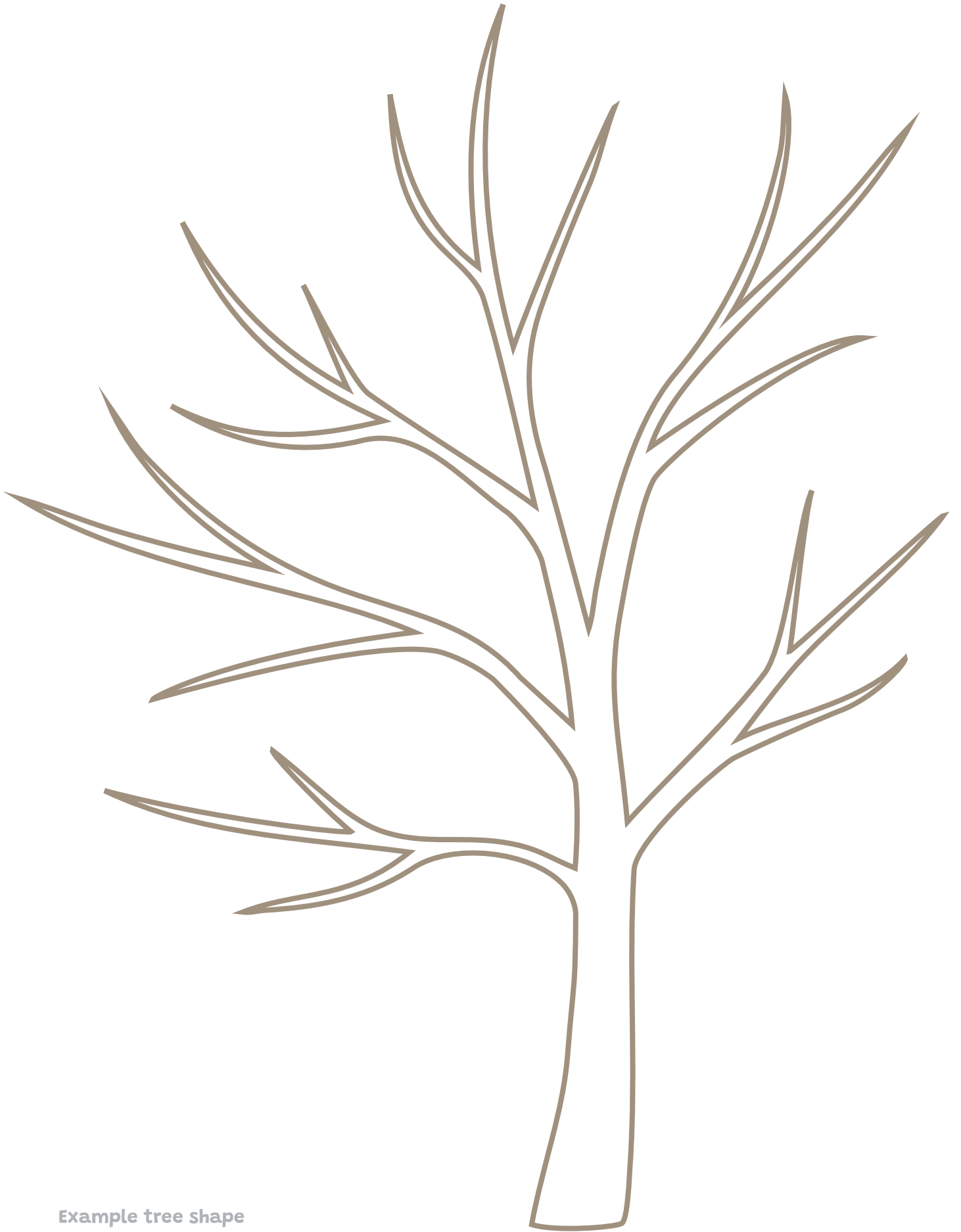
Over time, your Gratitude Tree will become full and colorful, visually representing the many things your family is grateful for.

For inspiration on working with children to express gratitude, you can visit our blog post at www.louadventures.com/blog/encouraging-gratitude-in-children

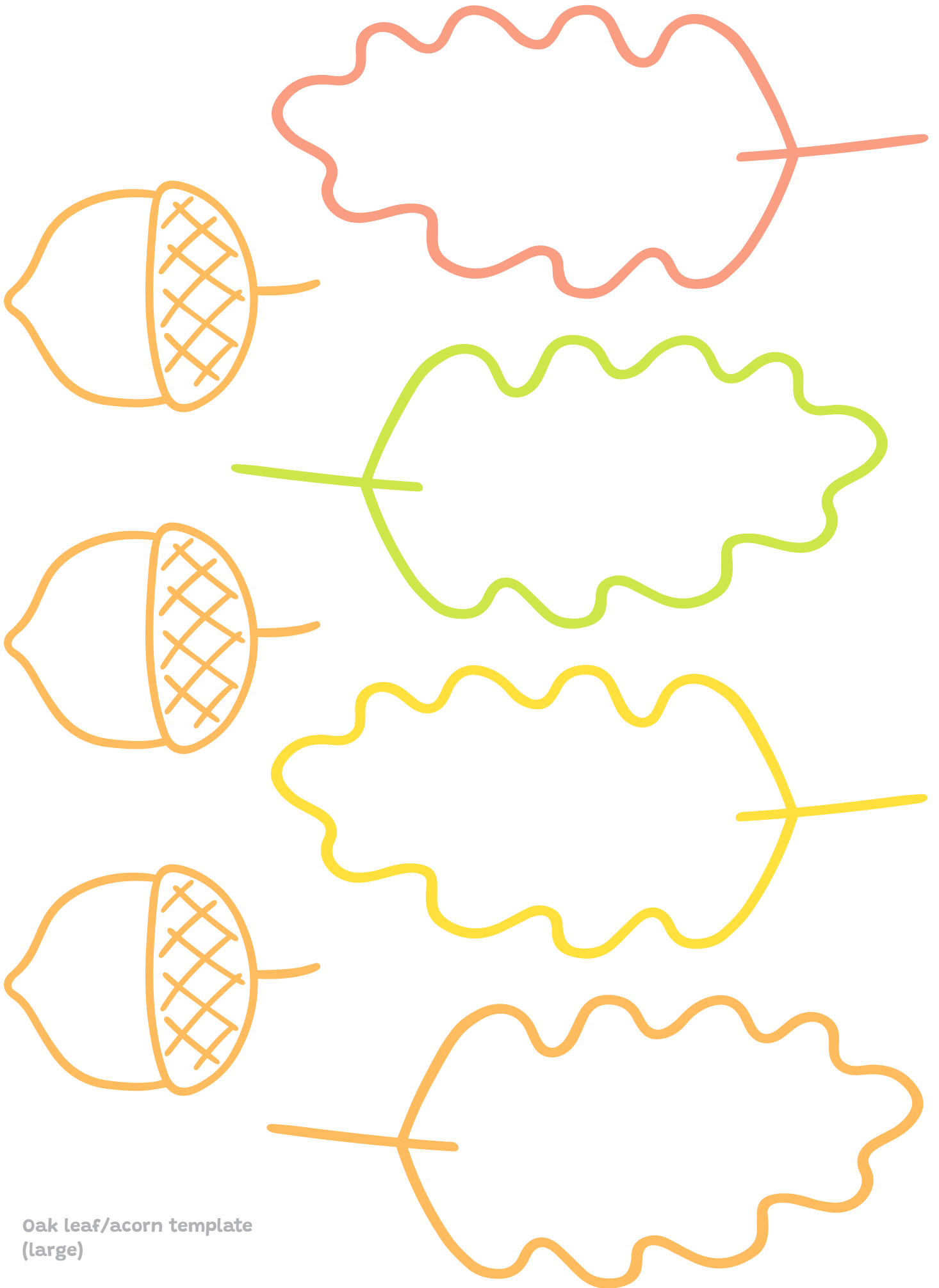
Extensions

Consider turning this into a seasonal activity, creating new leaves to fill the tree over and over again.

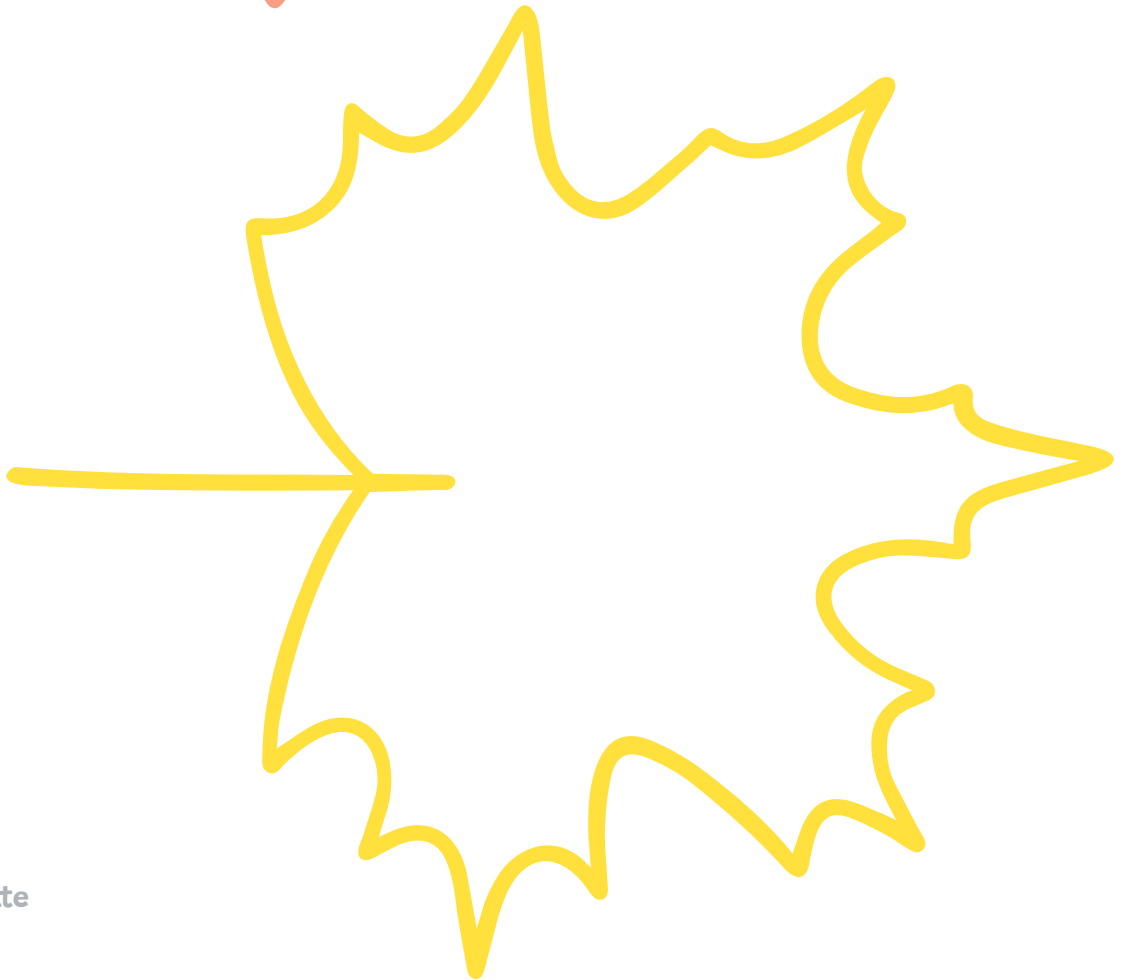
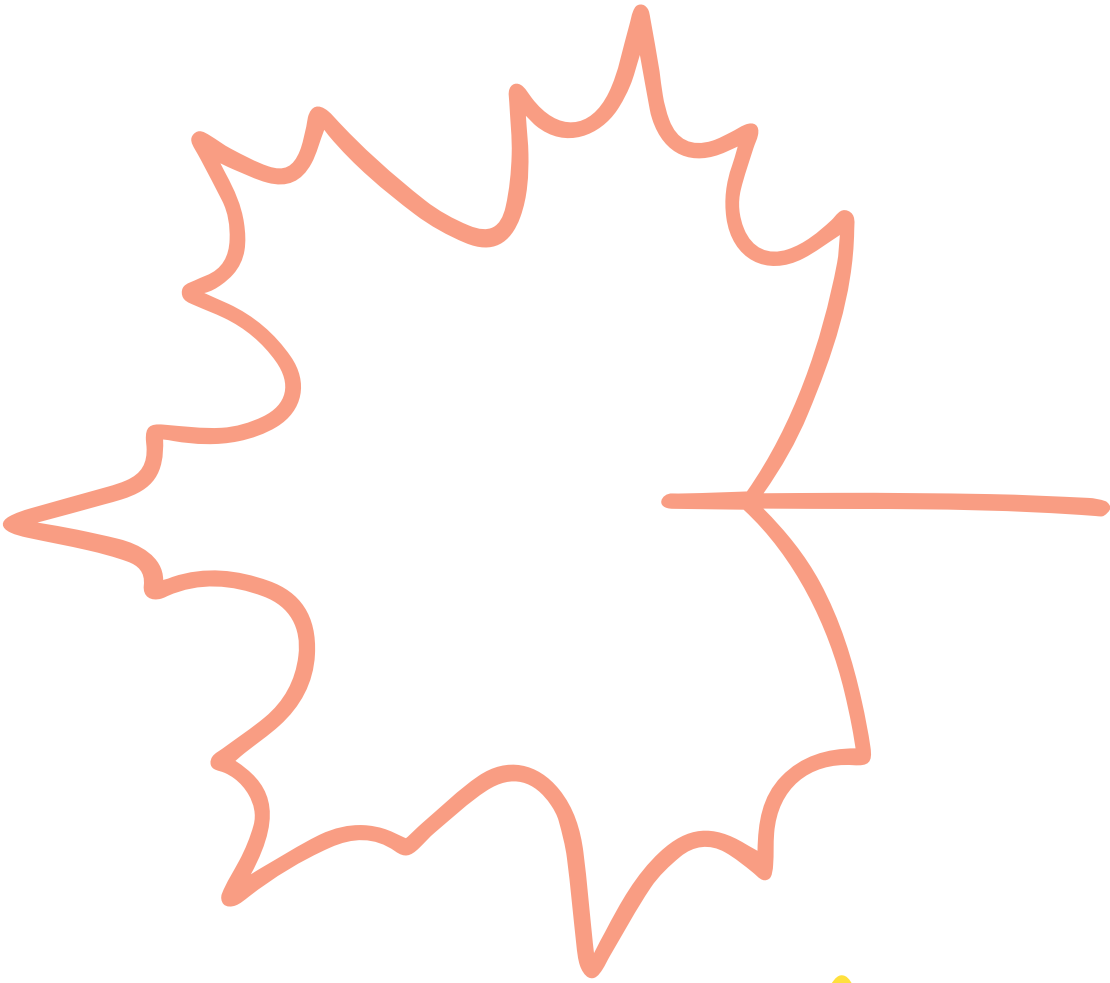
Encourage your kids to keep a weekly or monthly journal where they can jot down things they're grateful for.



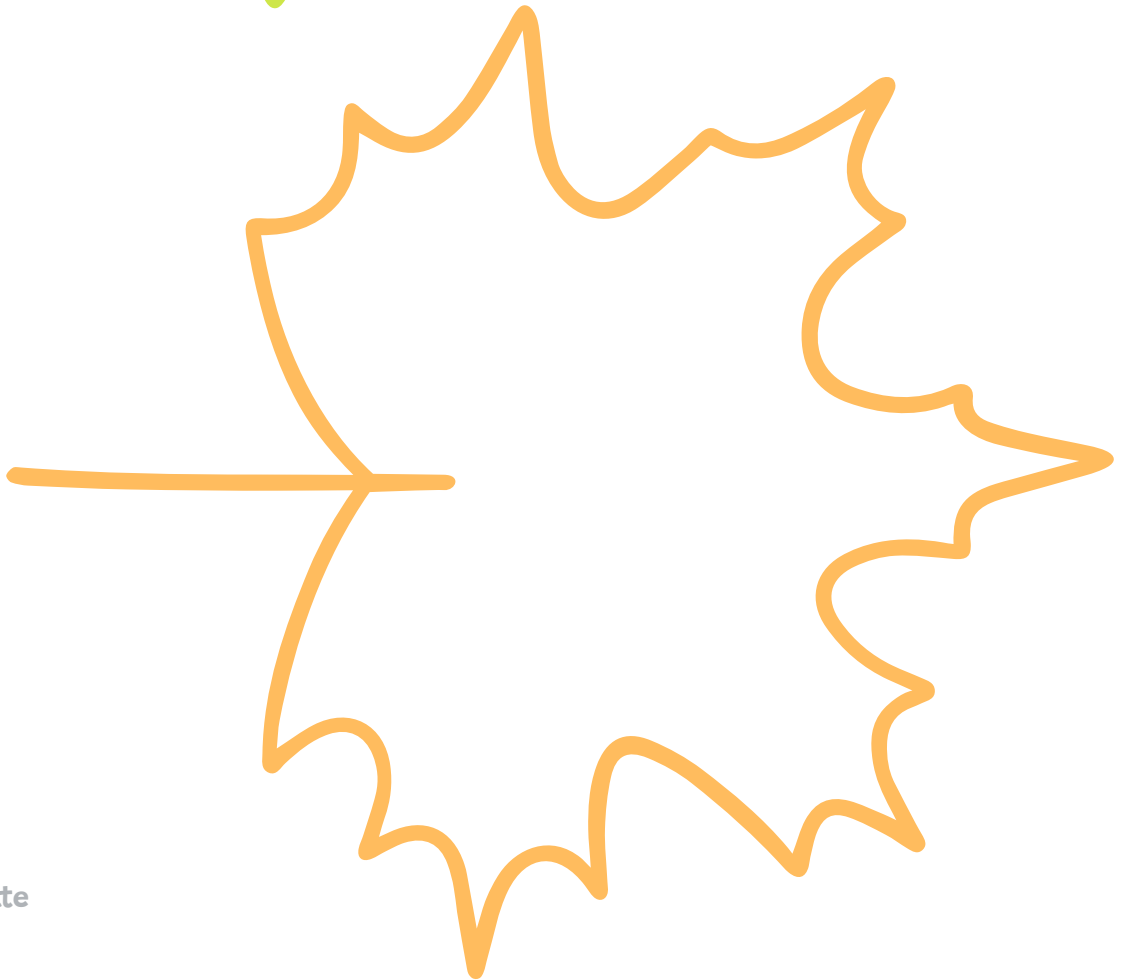
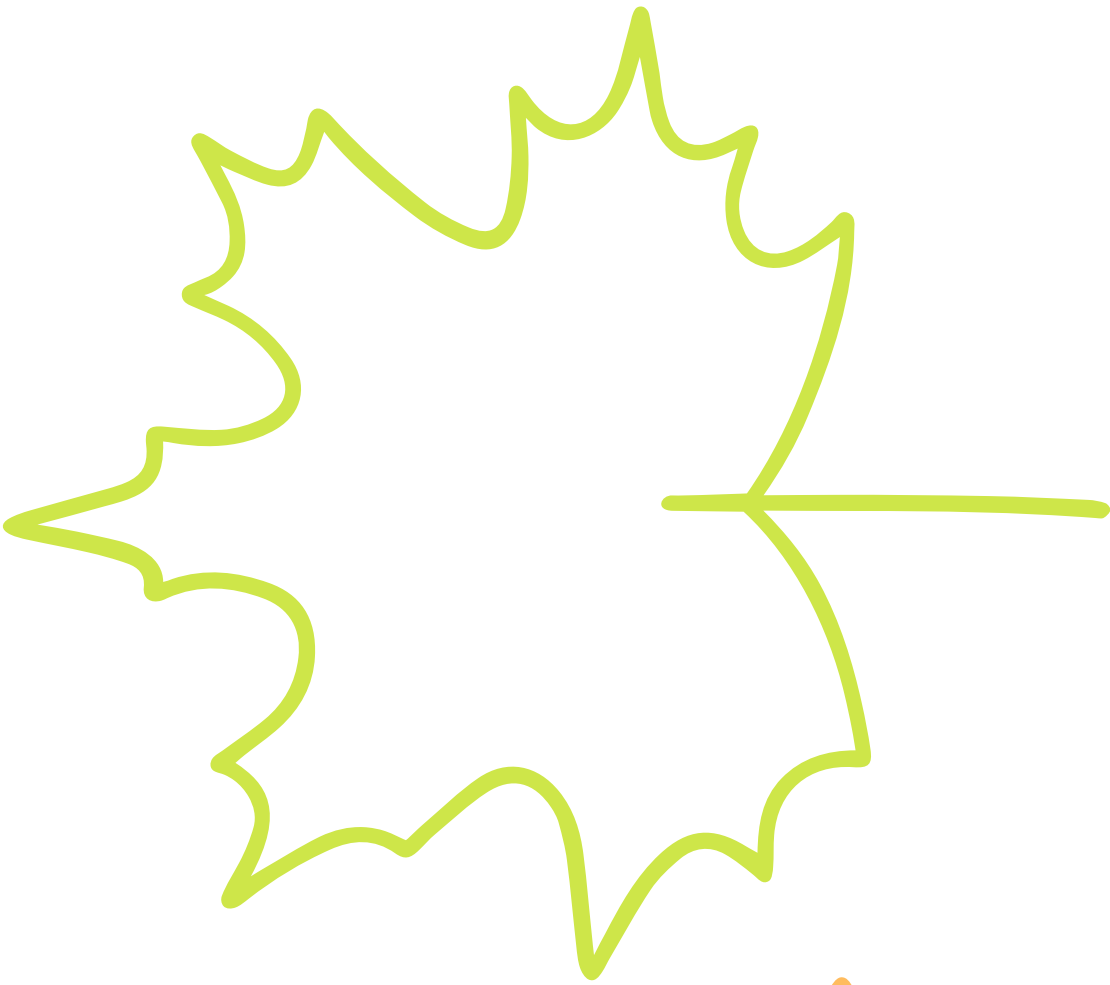
Example tree shape
for inspiration



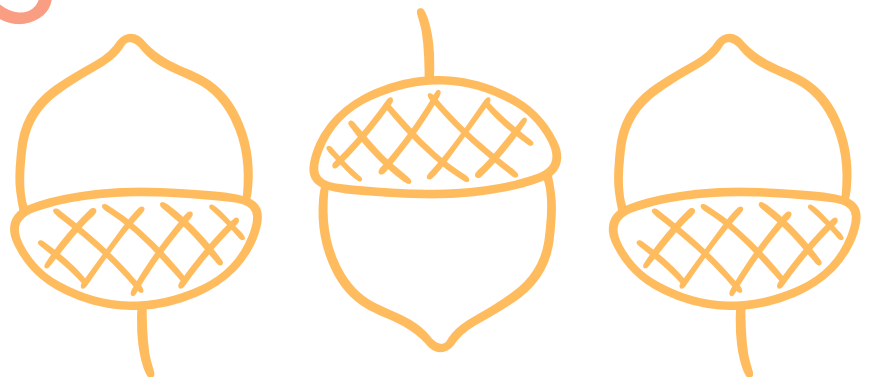
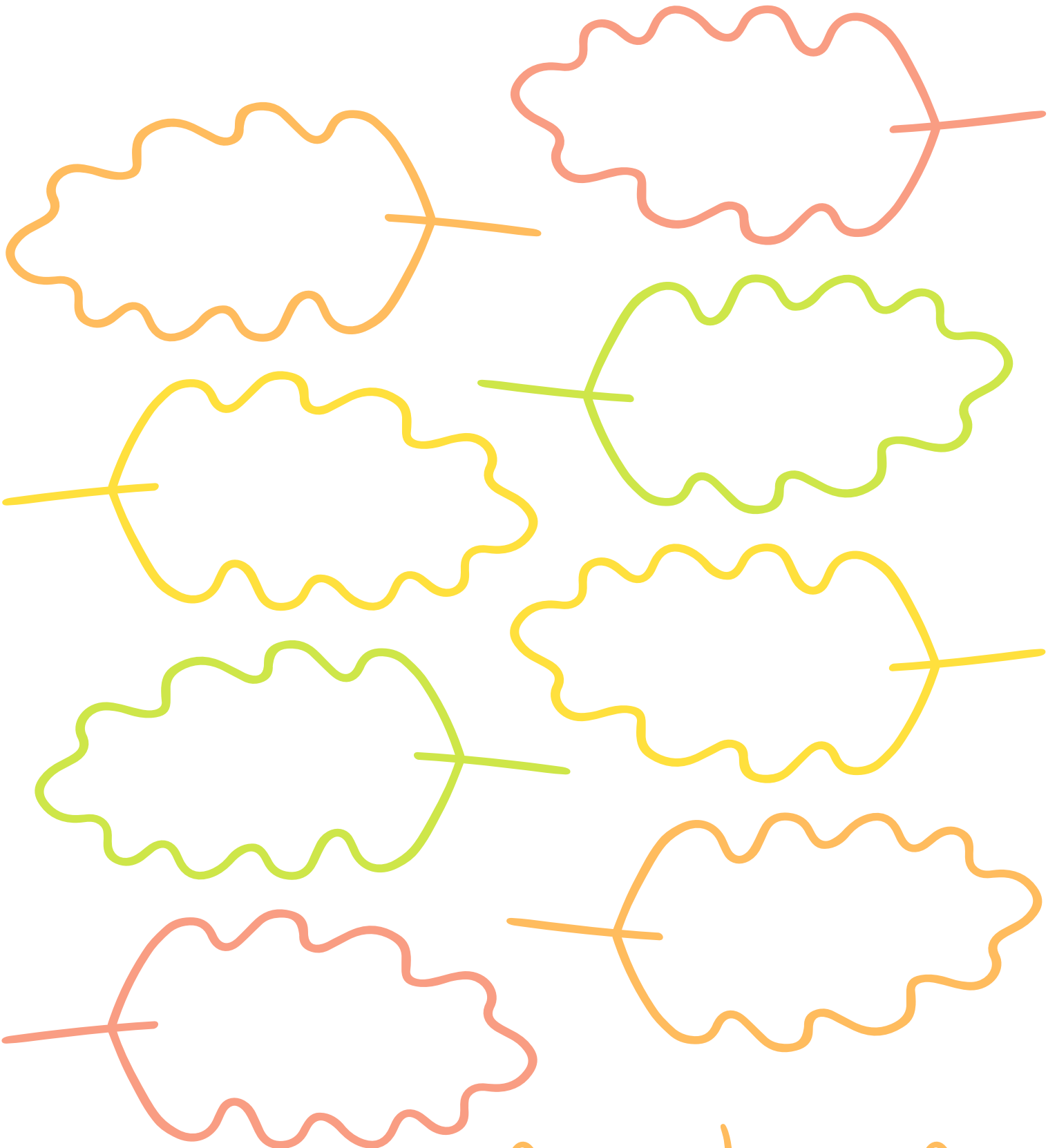
Oak leaf/acorn template
(large)



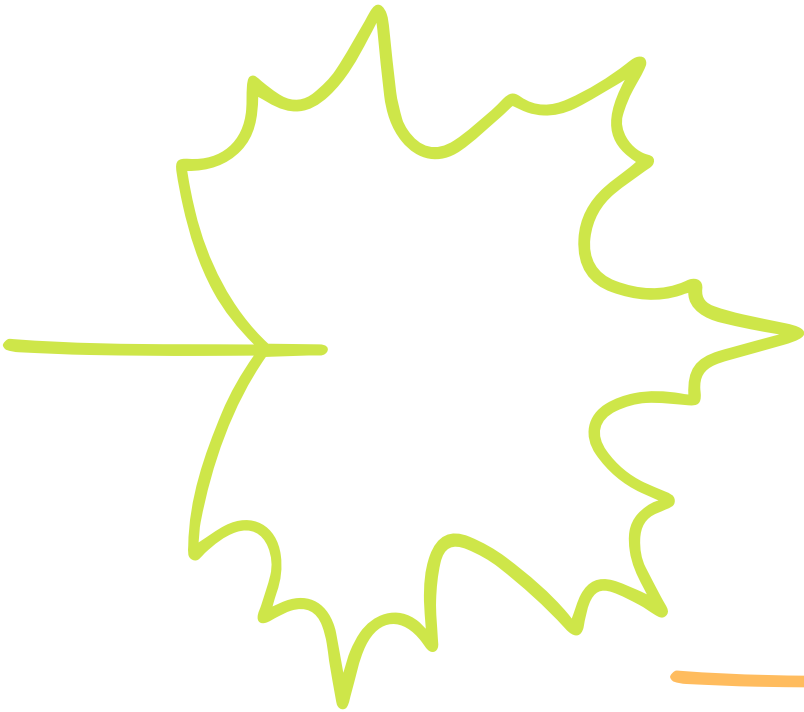
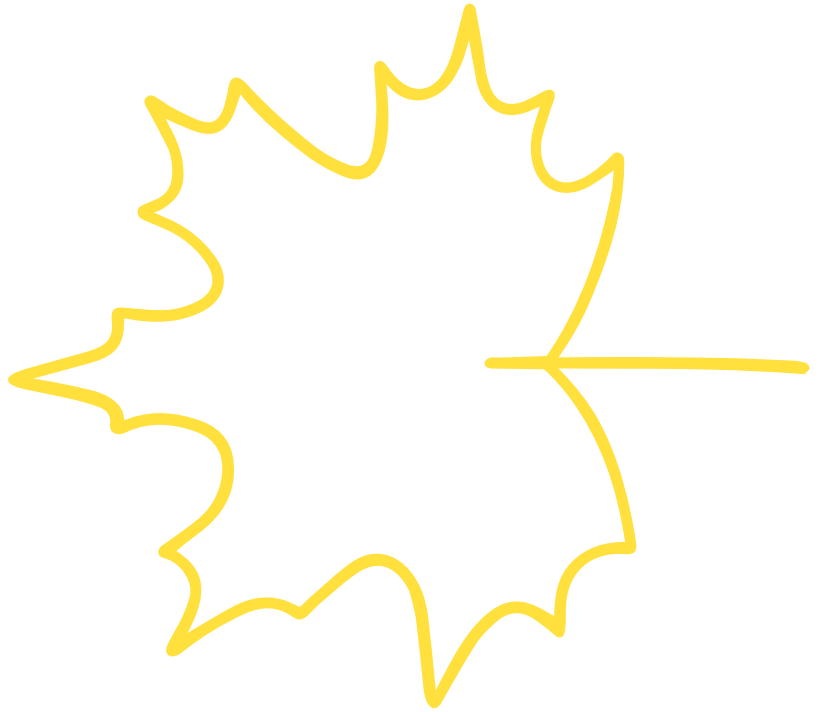
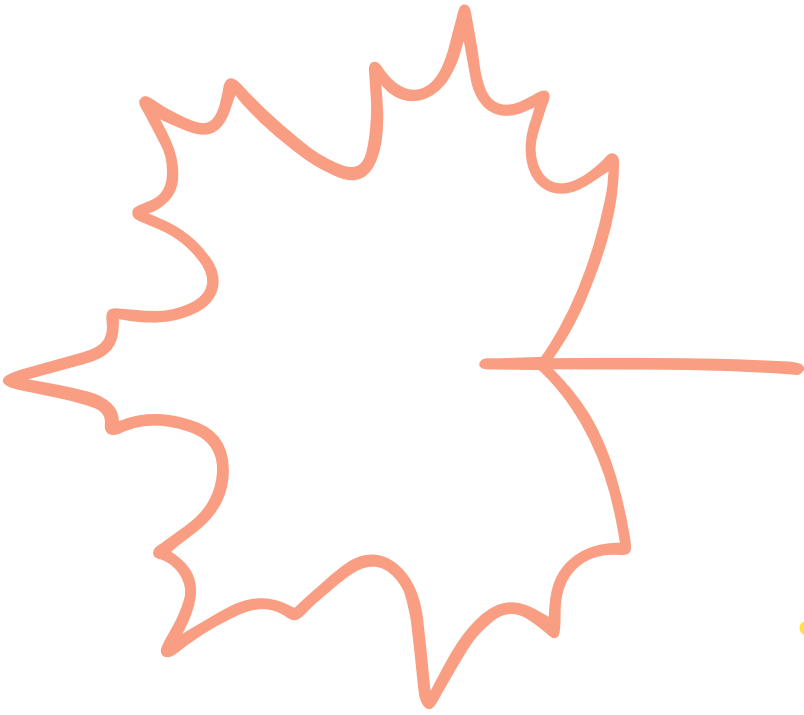
Maple leaf template
(large)



Maple leaf template
(large)



Oak leaf/acorn template
(small)



Maple leaf template
(small)