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Draw Your Feelings Tree Activity

Use this activity to help children define their support systems and feelings. This activity is most suited for 7-10 year olds but can be used with older or younger children with modifications.

Underneath the tree, at the base, have children identify 2-3 people that support them and make them feel good about themselves. Have them pick a color that they associate with those people or the feelings. They can use the color listed in the directions or come up with their own.

Just like a tree, our support system holds us up and helps us grow. Ask kids what a tree gets from the roots. Answers should include water and nutrients. A wide base of roots also helps support the tree as it grows.

In the trunk of the tree, have kids write down their strengths. Again, have them choose a color to do this or have them use the color on the sheet. Talk with kids about what the trunk of the tree provides. Answers may include support, moves nutrients, protects the tree, and helps it reach the sunlight. Associate the kids' strengths with their inner protection and the things that will help them reach their sunlight (goals!).

In the leaves, kids will write down their hopes and dreams for the future. The tree leaves provide a way for the sunlight to help the tree. In the same way, their dreams provide guidance for reaching their goals.

To modify this for younger kids, help them read the directions. You may have to provide some ideas about strengths or possible dreams but try to let kids come up with their own ideas first!

For older kids, you can include a discussion about how our support system helps us, and how we can use our strengths to give us support and our dreams to guide us into the future.

Draw Your Feelings Tree

Underneath the tree write the names of 2 or 3 people who support you and make you feel good about yourself.

In the trunk write down your strengths. Try to come up with at least 3!

In the branches and leaves, write down your hopes and dreams for the future.

Make it colorful, too! Use different colors to represent your emotions. You could use red for love, blue for dreams, or purple for strengths. Or use your own colors.

