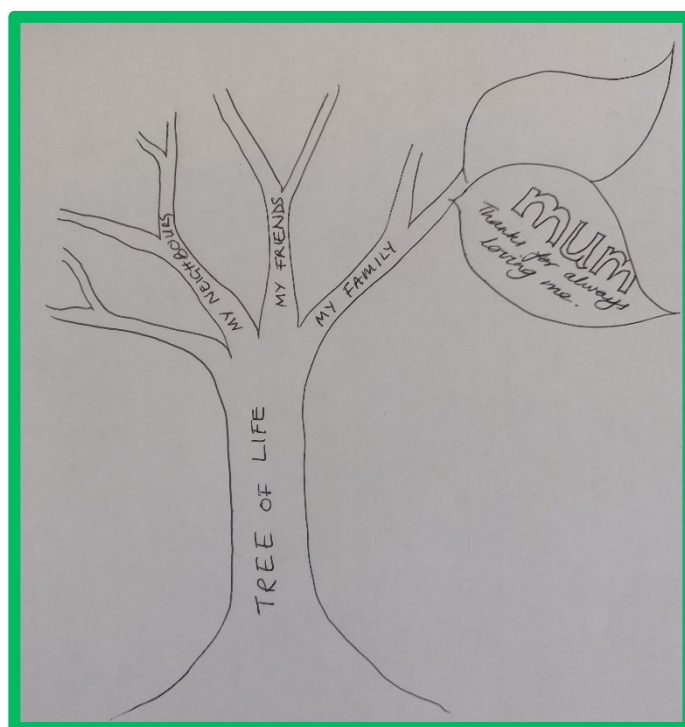


## Tree of Life

Draw **your** 'tree of life'. This will be a beautiful picture that represents all of the people that have supported you over the last 2 months.

Each **bow** of the tree will represent a different part of your life; your family, your friends, your school, your community.

Draw a number of **leaves** on each bow of the tree to represent the different people that have helped you. This could be your Mum, someone from school who has been in contact, or a person in your local shop. Draw something that makes you think of that person and how they have helped you, so that you will be able to remember all of the people that have supported you and lifted you up.



Once you have carefully decorated each leaf, choose three or four leaves.

Write a letter or a poem, or draw a picture for these three people, explaining how they have helped you and made you feel good recently – it will feel good to pass on some positivity.