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Tree of Life Activity

An exploratory look at the multiple parts of our lives and identity.

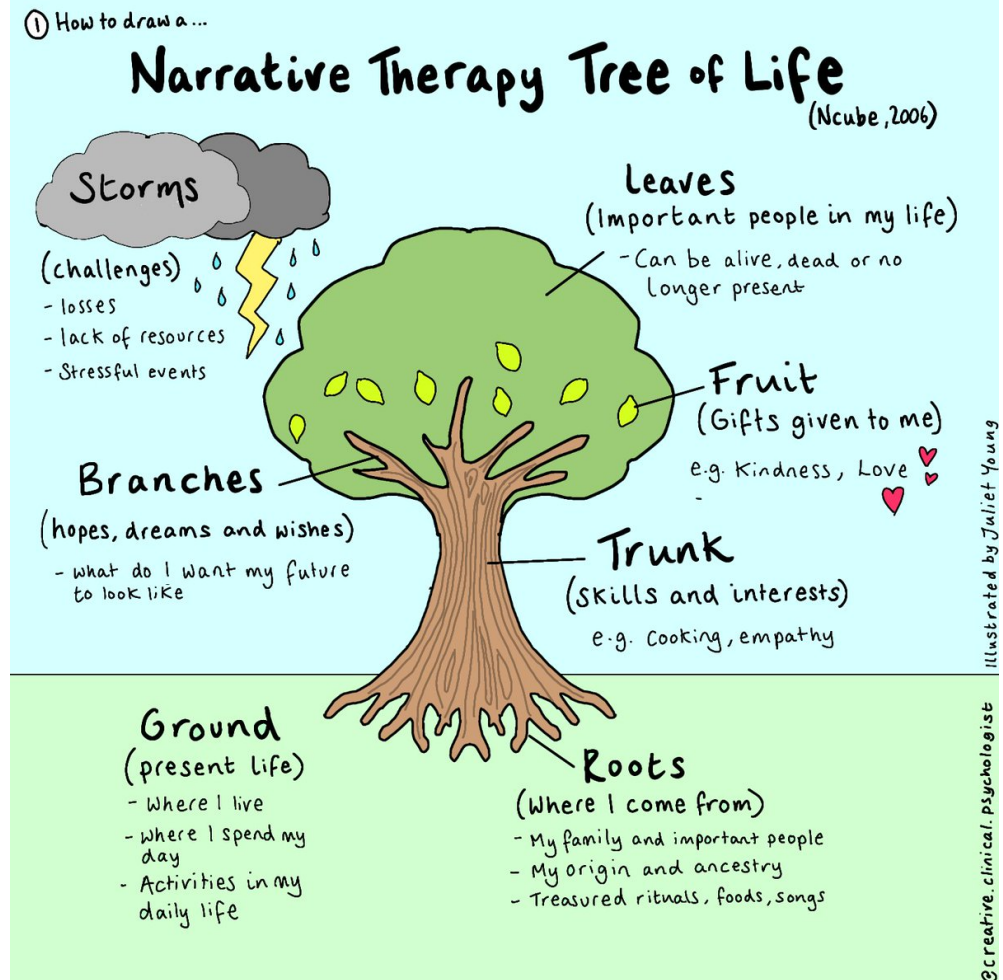
Part 1 Tree of Life: We will be using the different parts of a tree to represent various aspects of our lives and who we are.

- **Roots:** Write where you come from, family history, mentors, favorite places or things you hold dear.
- **Ground:** Write what your present life looks like. Where you live now and activities you are engaged in your daily life (school, job, parent).
- **Trunk:** Write your skills and abilities (caring, loving, empathetic, writer, organized).
- **Branches:** Write your hopes, dreams, and wishes for the directions of your life in the future.
- **Leaves:** Represents significant people in their lives, who may be alive or passed on.
- **Fruits:** "Gifts" you may have been given, not necessarily physical (being cared for, loved by, acts of kindness, etc.).

Share this with someone who you trust and care about if you feel comfortable

Part 2 Storms of Life: If you are the tree symbolically, then storms are the struggles that affect us. These storms may be serious, but they are separate from the tree. The storms may knock us over a bit, injure or scar the tree, but it doesn't define us. In this way we can adapt, change, and learn to respond to the storms we endure.

- **Storm Clouds:** Write some of the challenges you face (stressors, losses, things outside of your control, etc.).



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