



Tree of life

This is for you to colour, draw, write, and fill in for yourselves, it will never be complete - even the roots will continue to grow and develop with you.

The **roots**, what are the certainties and securities in your life?

Parents, grandparents, siblings, carers, kind teacher, uncles, aunts, special people
Home, garden, holiday and special places. Memories. A lot of these will grow with you, up into the branches.

The **branches** of the tree spread out, covered with leaves.

The **leaves** flow round us all the time and change as we grow: nourishment for body and mind, entertainment and discussion, rest and sleep. Family life, community and school, education and friendships.

The **buds**? Our hopes and our dreams, our ambitions and plans.

Flowers - who are we, who have we become? A daughter or son, a good reader, a clever mechanic, a reliable friend, a grade 5 flautist?

Finally the **fruits** - What would we like to achieve?

Wellbeing of our 'Tree'.

There may be wrinkles in the root system: a friend who went away and never kept in touch; or a person who died you miss very much. Sometimes the forgotten hurts lie buried a long time and then come to the surface later in our lives to disturb us.

The life on the tree will depend a lot on the environment, how well the leaves are growing, if there is an infestation of caterpillars, if the birds eat the flower buds, or if the wind blows off the flowers and no fruit is set this year.

Like the tree we will need to nurture ourselves, to build on our roots and relationships with friends and families to maintain our wellbeing.

When you have done as much as you want sit quietly with your trees for a short time.

