

Self-Esteem Tree Activity

This activity is completed individually, but the whole family can create their trees at the same time. This activity is meant to increase self-awareness by creating an image that is all about you. Increasing self-awareness is an important part of a healthy self-esteem.

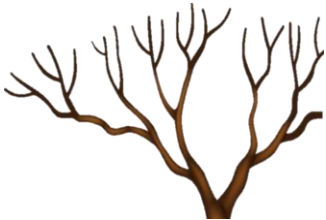


What you will need:

- 1 sheet of blank paper per person
- Colored markers, pencils or crayons

You will be drawing a tree. This tree can be as colourful and as different as you'd like it to be. As you are drawing, just make sure you leave enough room for roots, a trunk, branches and leaves. Let's get started!

Roots – Draw one root for each parent, grandparent and caretaker in your life. You can have as many roots as you want as long as you identify each person who played a role in caring for you and supporting you. Write each person's name in their root or draw a small picture to represent them. Roots nourish a tree and so your tree will be rooted by those that have nourished you. Once you are done your roots, draw a trunk for your tree and colour it in.



Branches – Draw a branch for each person you consider to be really important to you. These can include brothers, sisters, very close friends, partners, cousins, aunts, uncles. Don't include anyone who is already in your roots. Inside each branch write the person's name or draw a small picture to represent them.

Flowers – Add flowers to the branches. Draw one flower for each thing in your life that makes you feel good about yourself. Write a word or draw a picture in each flower to represent the thing that makes you feel good.



Leaves - Draw a leaf for each event in your life that changed you or your life. This can be any event of particular significance to you. Write or draw a picture inside each leaf to represent the event. Younger children may need help identifying significant events, parents and siblings may be able to help them identify some. Remember significant events are personal and can be as big or small as you want. You can add as many leaves as you want.

Fruit – Draw a fruit to represent each of your achievements. Remember these are also very personal. An achievement can be getting through a 2 week quarantine or winning an award. Whatever you consider an achievement to you should be a fruit. Write or draw in each fruit to represent each achievement. You can add as many fruits as you want.



You're all done! Take a look at your whole tree. Working on your tree should have helped you shine a light on things you may not always focus on. You can use these questions to talk about your trees as a family.

- Describe your tree in one word. Why do you think you chose that word?
- What feelings came up for you while working on your tree? Why?
- Why did you choose the people and events that you did? Why did you leave some things out?