

Gratitude Tree



The gratitude tree is a great tool to help keep your focus on things you are grateful for rather than dwelling on things you don't have or can't do. The benefits of this way of thinking are huge.



Benefits

There has been a large amount of research carried out on the links between gratitude and well-being and the benefits of gratitude and it may be one of the most overlooked tools that we all have access to every day. Focusing on the things we are grateful for can help to improve physical and mental health, reduce toxic emotions, reduce depression, enhance empathy, reduce aggression, improve sleep, improve self-esteem and foster resilience. This exercise can be beneficial not only to children, but to families as a whole.



Materials

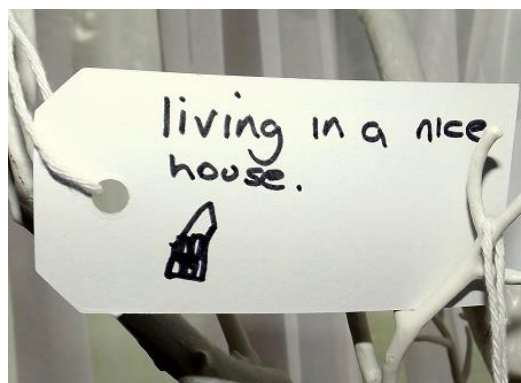
- One Twig Tree (**Note:** Below we have put the links to where you can purchase a twig tree and labels but if you can't get them, you can get creative with coat hangers, a plant or even bring out your Christmas Tree!)
- Labels and string
- Colour pens, pencils or crayons
- Stickers

Here are the links to the materials:

Twig Trees: <https://www.hobbycraft.co.uk/decorative-white-twig-tree-76cm/578797-1000> or https://www.amazon.co.uk/Zanflare-Branches-Christmas-Wedding-Decoration/dp/B074FW4LR7?ref=fsclp_pl_dp_1

Labels:

https://www.amazon.co.uk/gp/product/B00YK8TOG4/ref=ppx_yo_dt_b_asin_title_o08_s00?ie=UTF8&psc=1 or https://www.hobbycraft.co.uk/cream-scalloped-edge-luggage-tags-10-pack/635726-1001?br_p sugg_q=luggage+labels



Remember to share photos of your personalised trees with us:



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