

## LOVE TREE

**Ages:**  
9-11

**Description:**

Girls will use their creativity to make a “love tree” that highlights all their unique qualities and traits, giving them time to practice speaking positively about themselves

**Time:**

30-40 minutes

**Materials Needed:**

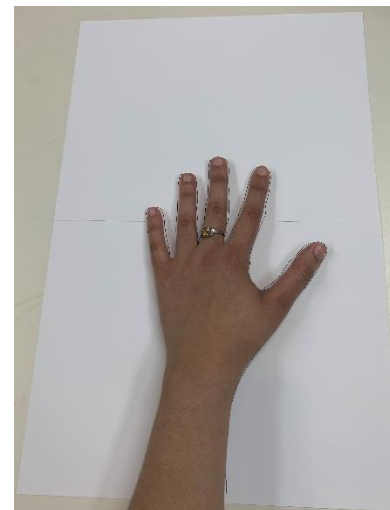
- Paper (Colored paper or blank white paper can be used)
- Glue
- Markers/Crayons
- Pen/Pencil
- Scissors

**Instructions**

It can be challenging at times to think positively about ourselves. During this activity you practice by taking time to reflect on all your amazing talents and qualities.

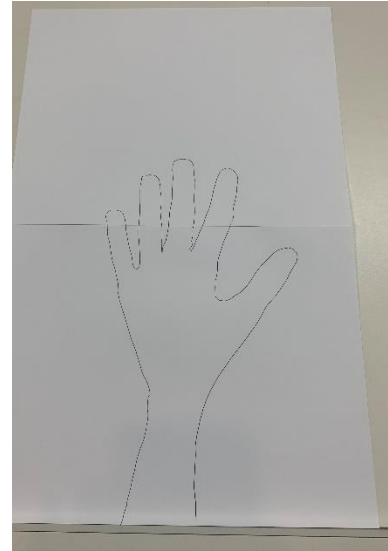
**Step 1:**

Place your hand in the middle of the paper and begin to trace your hand, arm and forearm. You might not see it now, but this is going to be the trunk of your tree.



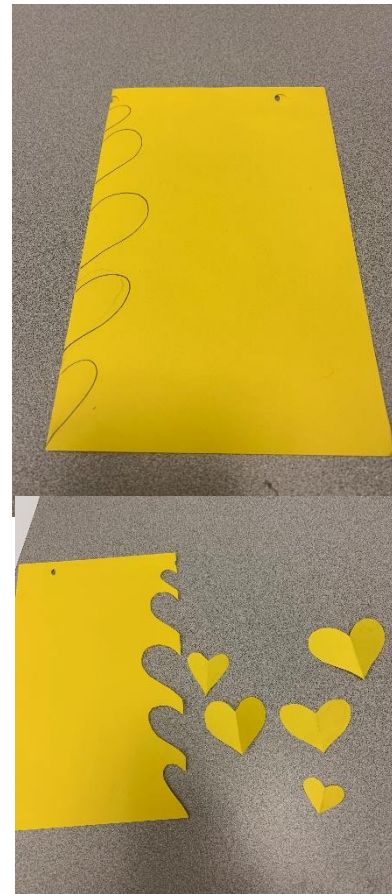
**Step 2:**

Now you should have a paper that looks somewhat like this.



**Step 3:**

Now comes the fun part where we can get a little more creative. If you have colored construction paper, you will want to begin folding it in half and preparing hearts and cutting them out as shown in the photos. If you do not have any colored paper, you can use a pen or pencil to draw the hearts on white blank paper and use markers or crayons to color them in before you cut them.



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#### **Step 4:**

Whether you used colored paper or colored hearts you drew by hand, you should have a variety of different colored and shaped hearts. These are going to be the leaves on your tree.



#### **Step 5:**

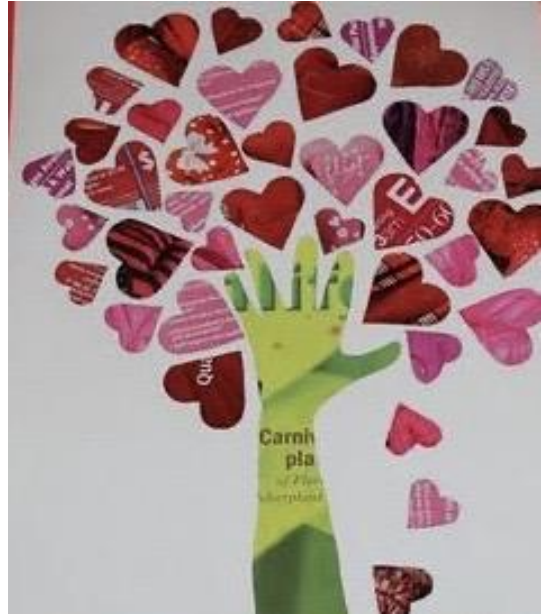
Now that you have your hearts, you will want to start writing down qualities, traits and talents you love about yourself inside the hearts. This is going to help us remember that while it's nice to appreciate how we look on the outside, for this activity we want to write down positive things that are on the inside. I used words like "smart", "understanding" and "empathetic" while I was thinking about the things I love about myself. You should also write down talents you have like singing or dancing!



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**Step 6:**

You will now glue your hearts onto your tree making the leaves. You can be as creative as you choose. Maybe you want to color your tree trunk or put glitter or decorations on some of your favorite hearts. Don't be shy about adding maybe a nice sun in the sky or some birds as well! Here is a really cool and unique example! When you're done, don't forget to answer the questions below!



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## ACTIVITY RECAP

### Discovery Questions:

- Was it easy or hard to come up with the different positive qualities to put inside your hearts for your love tree? Yes or No and Why?
- Society can sometimes tell us that if we speak positively about ourselves, it can be considered bragging. What is the difference between bragging and speaking positively about yourself?
- How can activities like making the “Love Tree” help you think and speak more positively about yourself? What other activities can you find to help you practice?
- With a parent/guardian’s permission, share with us what you think of the Love Tree Activity on our Instagram page with the tag @girlsincindy.

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