

Resilience Tree

INSTRUCTIONS:

- Create a tree in the middle of your paper with roots underground, a trunk, and branches. You can draw, paint, or collage. It's your choice.
- Around the roots, write or draw things that keep you strong.
- Along the trunk, write or draw your strengths. Use 'I am' sentences.
- In the branches, write or draw things that will help you in the future when things become challenging. For example, breathing exercises, going for a walk or talking to your parents.

