



# The Tree of Life

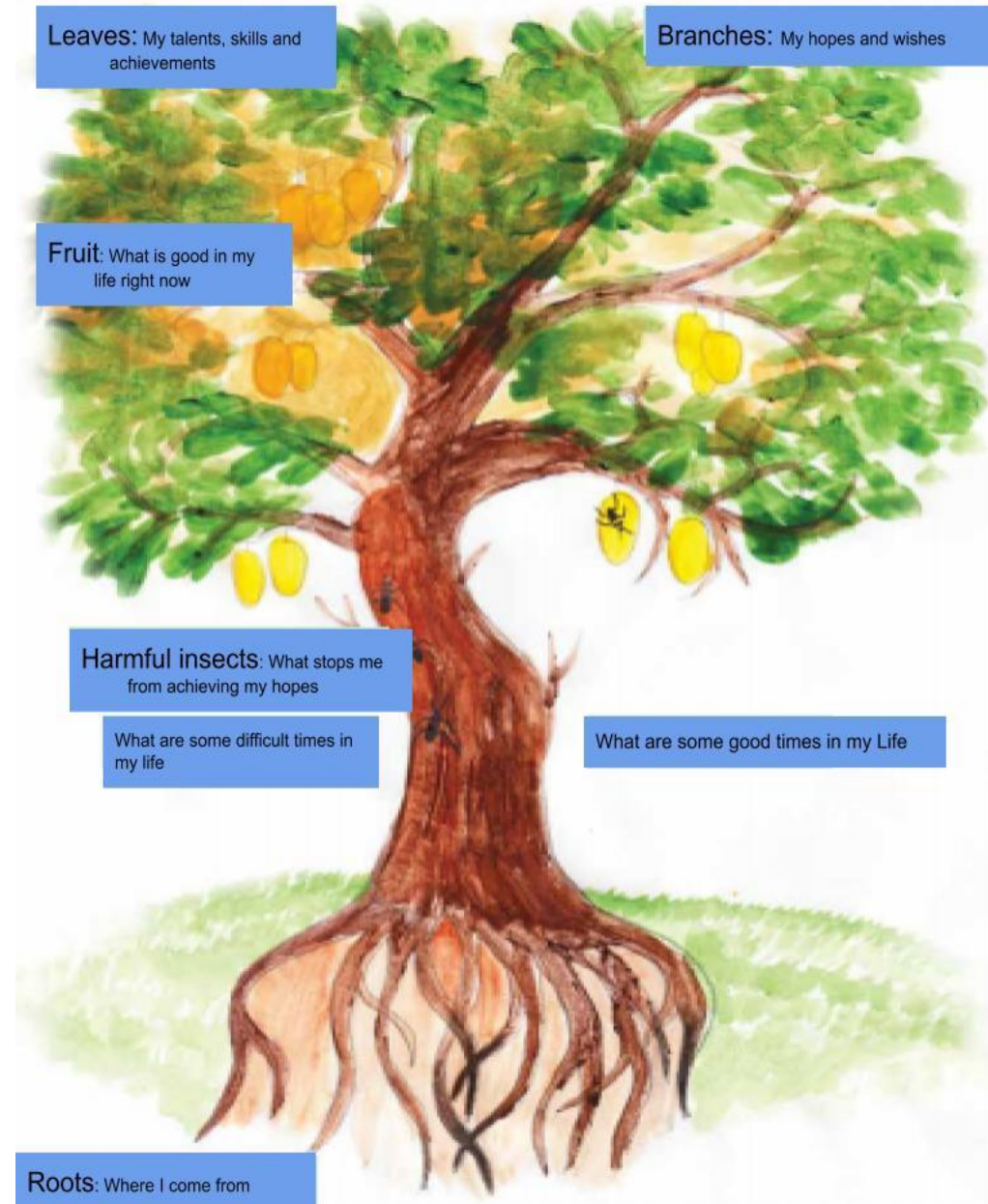
Activity from “Singing to the Lions”

## Activity Instructions

1. **Draw the ROOTS** and write where you come from, and where your parents, relatives and ancestors come from. What town or village do you come from? What town or village do your parents come from? What town or village do your grandparents come from? These are your roots. Roots can also be the people who have loved you and helped you in your life. No matter where you travel in life, your roots are in this ground, in this place.
2. **Draw the TRUNK** and, on the Right Side of the tree, write down some of the good events in your life. What made you happy? What are the times you celebrated? On the Left Side of the tree, write about some of the difficult times in your life. If you had a very difficult time in your life, you can show it as a scar on the tree or a broken branch. See yourself climbing the tree, from the roots to the trunk and now the branches.
3. **Draw the BRANCHES.** On the branches, write your hopes and wishes for the future.
4. **On the LEAVES,** write your talents (what you are good at), skills (what you are able to do), and achievements (what you have accomplished). What are you good at? (Examples: I am strong! Good at taking care of others! I am a good listener!)
5. On each branch **Draw the FRUIT** – the fruits are the good things in your life now. The fruits can also be people who help you, love you or inspire you now (teachers, religious leaders, even someone you have never met).

*Optional: Draw the HARMFUL INSECTS that are the obstacles in your life. These are the things in your life that stop you from achieving your hopes. They may also be the beliefs about yourself that interfere with your growth, such as thinking you are worthless or stupid.*

## Tree of Life



# Draw Your Tree of Life

*Note: Remember to include the Roots, Trunk, Branches, Leaves, and Fruit in your drawing.*

## Reflection Questions

**Who are the most important people in your life?**

**How have your talents and skills helped you in your life?** (For example, patience has helped me to get through difficult times and wait until things change for the better; when I don't know what to do I seek help from others; in the face of misery I can laugh and that helps me find a solution).

**What are your hopes and wishes for the future?**

**What are the messages of hope in your life right now?**

**When life gets hard what do you tell yourself to continue on?**

**Bonus:** Write an encouraging email to yourself to be delivered in the future: [www.FutureMe.org](http://www.FutureMe.org)

