

STORY TREE

Trees have been known to represent transformation and growth. With their strong trunks and long, expansive branches, trees can help us tell the story of what we have been through and remind us of our strength as we continue to move forward.

Using words, shapes, symbols, and colors, tell your unique story. How have you felt about current events and how have they changed you? Any and all feelings are welcome.

As you fill in your tree with your thoughts and feelings, know that there is no right or wrong way to tell your story. By giving yourself time to stop and think, you are growing and becoming stronger. When you're done with your tree, take a look at it and notice all of the wonderful things about you.

If you feel comfortable enough to do so, share your tree with a safe person and tell them your story. You can also invite them to create their own and take turns sharing back and forth.

Consider putting your tree up where you spend a lot of time, to remind you of your journey.

