

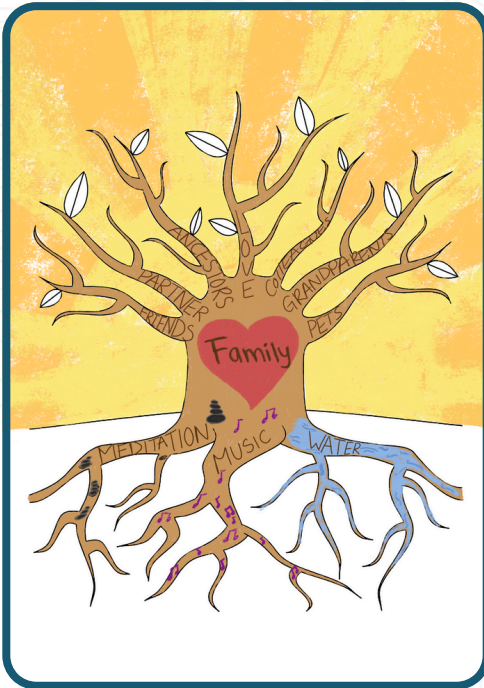
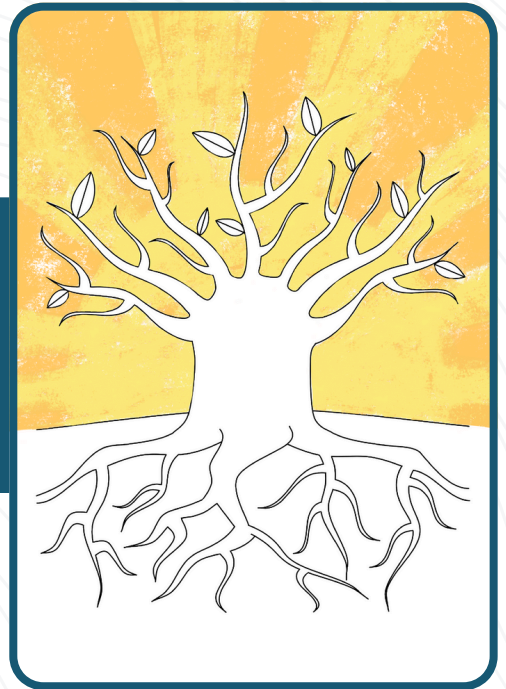
Suggestions for Creation



You're invited to select art materials that you believe will best represent the way you ground yourself or choose from what you already have available.

1

Imagine the sky as the “season” your tree is experiencing now. You may choose to use colors, drawing, and shapes to best illustrate what season you are in.



Using colors, words, and symbols fill your tree trunk and roots with the ways you have been grounding yourself or the way you hope to ground yourself moving forward. This can include loved ones, hobbies, values, qualities, joys, practices, etc.

2

3

You are invited to add leaves, flowers, fruits and more to your branches to represent how you are thriving against the wind.

