

Tree of Strength

A therapeutic activity, from Carolyn Mehlomakulu, to identify and reflect on your personal strengths, coping strategies, activities that make you happy and supportive people in your life.

You will need

A large piece of paper
Pencil
Colouring pencils/ felt tips.

Lay your hand on the paper, fingers spread, with part of your arm on the paper. Trace your hand and arm, leaving the tips of the fingers open. This will become the base of your tree – your arm is the trunk of the tree and the fingers are the beginning of the branches.

At the end of the open fingertips, extend the drawing to create more branches. At the end of the branches, draw several leaves, making them large enough that you can write in each leaf.

Close your eyes, taking long and deep breaths. As you do this think about one thing that helps you get through a difficult time – this can include personal strengths, coping strategies, activities you enjoy and supportive people. Once you have thought of one thing, write it on a leaf.

Continue to do this for each leaf.

Colour and decorate your tree anyway you like.

