

GRATITUDE TREE



PURPOSE:

Why?

Elevate your campus atmosphere with the "Gratitude Tree" activity, an inspiring and impactful exercise aimed at nurturing appreciation and community among students. This activity encourages students to reflect on what they are grateful for and share their thoughts in a visually captivating manner.

HOW TO:

Materials & Budget

- Notecards or paper (\$10 or free if you can use school materials)
- Hole puncher (\$5-10 or free if you can use school materials)
- String (\$5 or free if you can use school materials)
- Markers & pens (\$5-10 or free if you can use school materials)
- Table (borrow from school)

You may want to budget out \$40.00 to \$50.00 for this activity for the supplies.

Instructions

- Designate a tree on your high school campus to be the "Gratitude Tree."
- Set up a table near the tree with all of your supplies.
- Invite students to write things they are grateful for and hang them up on the tree.
- Leave the notes hanging for a few weeks and let students continue to read through them or add more.
- To make this activity simpler, you can also create a tree on poster paper or a bulletin board instead of using an actual tree (see example below!)

Timeline

Preparation time for this activity is about 1 week because you need to purchase materials and talk to administration to make sure the notes can be left for a certain amount of time. The actual activity could take 30 to 60 minutes and could happen multiple times in one week.

Impact

This activity is a perfect way to engage the school-wide community! You should be conscious of picking a tree that is visible to many students on campus so this activity has the potential to reach an entire high school student body. Try to get all of the students involved by writing something down on the cards!

Example(s)

Example from Notre Dame High School in PA!



Example from Arcadia High School BC2M!



Post photos from this activity to your club Instagram and tag @bc2mhighschool

