

ME TREE

OBJECTIVES

1. To gain self-awareness about how you see yourself.
2. To identify your personal strengths and qualities.
3. To identify your personal accomplishments.

SUGGESTIONS FOR FACILITATOR

This activity can be used with either a blank drawing paper, preferably 11" x 17", or the provided project sheet on the next page.

Reflection questions on the reverse side of the project sheet can be used with either the blank paper or project sheet.

You can facilitate brainstorming with the participants by writing their ideas on the board. Encourage them to come up with as many as they can, making sure that roots and branches are included. Also, do not give them directions #3 and #4 until they have first completed their drawing. You can then individually explain #3 and #4 as they finish, or wait until everyone has finished their drawings.

ME TREE

DIRECTIONS FOR USE WITH BLANK PAPER

1. Brainstorm characteristics, qualities and uses of trees.
2. Using a tree as a metaphor, consider yourself as a tree. Draw yourself as a tree, including what type of tree, what season you are in, what your surrounding environment is and anything else you would like to include that represents yourself.
3. You may use any medium available, such as colored pencils, oil pastels, markers, crayons, etc.
4. Upon completion of drawing your tree, identify at least five personal positive qualities or strengths you possess. Write these qualities down by the roots of your tree.
5. Identify at least five personal accomplishments or achievements of which you feel proud. Write these accomplishments within the branches of your tree.
6. When you finish your drawing, please complete the reflection questions on page 108.

ME TREE

DIRECTIONS FOR USE WITH PROJECT SHEET

1. Brainstorm characteristics, qualities and uses of trees.
2. Using a tree as a metaphor, consider yourself as a tree. Using project sheet provided, draw yourself as a tree, including what type of tree, what season you are in, what your surrounding environment is and anything else you would like to include that represents yourself. You may turn the paper in either direction.
3. You may use any medium available, such as colored pencils, oil pastels, markers, crayons, etc.
4. Upon completion of drawing your tree, identify at least five personal positive qualities or strengths you possess. Write these qualities down by the roots of your tree.
5. Identify at least five personal accomplishments or achievements of which you feel proud. Write these accomplishments within the branches of your tree.
6. When you finish your drawing, please complete the reflection questions on page 108.



ME TREE

Name _____ Date _____

ME TREE

Name _____ Date _____

REFLECTION QUESTIONS

Please journal your responses to the following questions below. Use the back of this page if you need more space to write.

1. Describe your drawing.
2. In what ways does your tree represent you?
3. What are your thoughts and feelings about identifying your personal strengths and accomplishments?
4. What can you apply from this activity to assist you in your life?