

# 1 The gratitude tree

Pupils think about and write down what they appreciate about their friendships on leaves to be added to a tree.

**Intention:** Pupils become aware of what's important in their life and what they're grateful for.



**SEL competency: Relationship skills** Identify healthy friendships and know why they are important

**Materials:** Either create a tree with branches from paper to put on the wall or draw one on the board. You can either write up pupils' suggestions or give them leaf shapes to write on. Use **Poster 1** for visual support for emotions vocabulary

**Duration:** 5–10 minutes

**Key words:** *friendship*

## Instructions:

### Prepare

- 1 You may want to pre-teach the key words for this activity.
- 2 Introduce the activity: *Today we're going to think about our friends. These can be friends here at school or at home – maybe your pet or your brother or sister. Are you grateful for your friends?*

### Practise

- 3 Now invite pupils to begin the opening routine: *Please sit up, with your back straight. Put your feet flat on the floor. Hands on your lap.* (See 'How to use' Card and Methodology Handbook for support on the opening and closing routine.)
- 4 Say: *Close your eyes or look down. Remember you're in your own bubble.*
- 5 Continue: *Choose one friend, either a person or a pet. Without saying anything out loud, try and see them in your imagination. How do they look? How do they sound? What is it you like about them? Are they funny? Are they happy? Do you like the same things?* Encourage pupils not to name their friend to avoid any conflicts.

- 6 Say: *Think about friends. What are you grateful for? For example, does your friend help you? How? Do you help them? If so, how?*
- 7 Invite pupils to share: *What did you think about when you thought of your friends? What words would you use to describe your friend or what you like about them?*
- 8 If their eyes are closed, ask pupils to open them: *When I count to three, open your eyes. One, two, three.*
- 9 If you're creating a tree out of paper, distribute a leaf to each pupil for them to write on. These can then be pinned onto the branches. Pupils can either write about their friend and what they appreciate, or draw a picture of their friend. It's nice for pupils to be able to see the tree in future lessons to remember that friendships are important. If you're writing pupils' answers on the board, elicit the ideas from the class.

## Reflect

- 10 Bring the activity to a close: *How do you feel now thinking about your friends and friendships? Use **Poster 1** for emotions vocabulary. Are friendships important? How can you let your friend know they're important to you?*

**Friends are the sunshine in my life.**