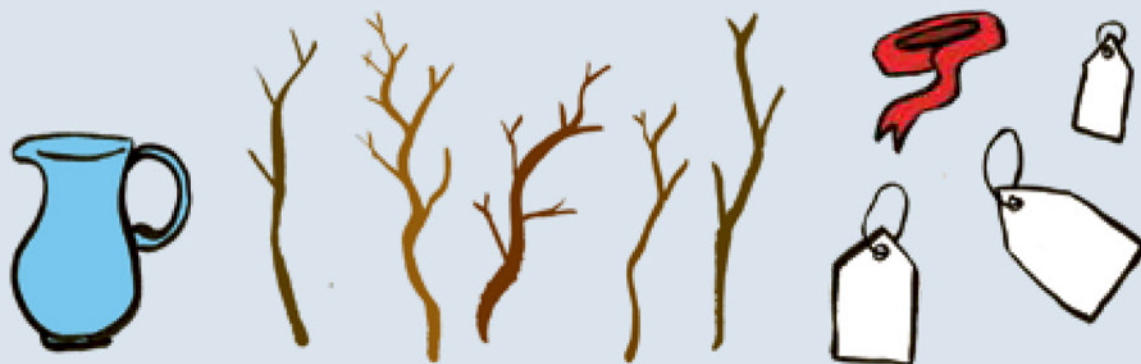


GRATITUDE TREE



I'm pretty sure that if I asked you what you wanted for your kids in the future, your answer would feature the word 'happiness'. This activity is one for all the family and it is a great way for you to model to your kids how to be thankful. The aim is to place leaves (luggage tags) on a tree (bouquet of sticks) and in doing so create a physical representation of the things you are grateful for.

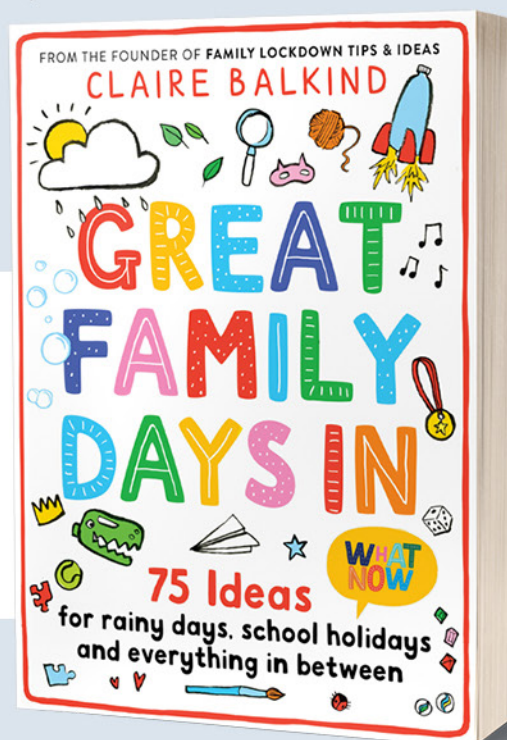
THE WELLBEING BIT: The link between gratitude, or being thankful, and our happiness has been well researched and so we know that expressing gratitude makes us feel more positive. Expressing gratitude can also improve our physical health, our self-esteem, our ability to deal with challenges, and the way that we relate to others. It has even been suggested that it can help us sleep better.



AS FEATURED IN

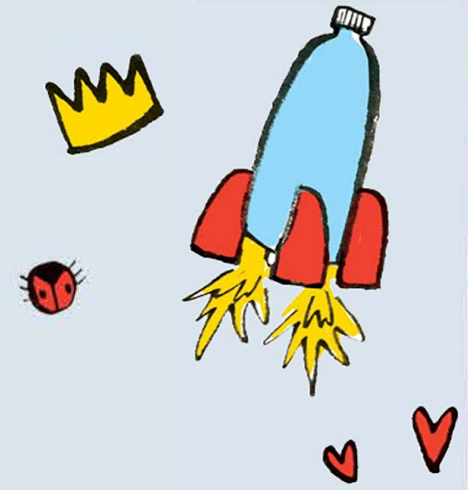
GREAT FAMILY DAYS IN

BY **CLAIRE BALKIND**



WHAT YOU NEED

- A generous handful of sticks
- Luggage or gift tags
- String, twine or ribbon
- A vase or jug



HOW IT WORKS

1. Gather together your sticks like a bouquet of flowers. Ideally your sticks will be of similar height to cut flowers that you can buy in the shops.
2. Tie some string, twine or ribbon around the middle, or simply put them in a vase or jug.
3. Now gather your luggage or gift tags and some pens. This is the most important bit. Your kids write something they are grateful for on each gift tag and hang it on your stick tree. If your kids can't write yet, let them tell you and you can write it down.
4. Put your gratitude tree somewhere central in your house. We put ours on the kitchen table for a few days and used it as a talking point over dinner. My five-year-old put on some of her own leaves of gratitude without me seeing, which made me think that it had all been worthwhile.

Gratitude can be about anything. But to get you started, here are some useful prompts:

- Family or friends
- A quality or talent that you have
- Something in nature or outside
- A hobby or something you love to do
- Something you love to eat or drink
- Something you've learnt this year
- Something you love about where you live

