

Title: Gratitude Tree

Grade Level: K-5

Objective: Students will design and create a mixed media tree, covered with sayings of gratitude.



Lesson Plan

Materials: kraft paper/brown butcher paper/ chipboard (for the tree structure) small leaves, paint (tempura or acrylic: autumn leaf colors), leaf handout, watercolor paper, paintbrushes, crayons, scissors and cups of water.

Opening Activity: Have members share some of the things or people in their lives that they appreciate and are thankful for. Give students pencils and paper to create a list of a few things or people they are thankful for... and share this video with them to inspire their thinking: <https://youtu.be/yA5Qpt1JRE4>

Core Activity:

- Distribute watercolor paper and leaf handout, have members draw their own big leaves on the watercolor paper- they should be able to draw 5-6 big leaves. Have them outline the leaves with black crayon.
- Distribute cups with water, paint and paint brushes, have members paint their leaves.
- Set paintings aside to dry and have members help clean up the painting activity and then add to their gratitude lists! They should circle 5-6 items from their list that they want to reprint on their leaves.
- When paintings are dry, distribute scissors and black crayons. Have members write on the leaf paintings, and then cut them out.
- You can also have a few members help build the tree- check with your club director to make sure you can build the tree somewhere in your club.

Reflection: After members are done cleaning up the space, have them try the yoga pose called "TREE": balance on one leg, place the foot of the other leg at the knee or ankle of the standing leg, hands pressed together in prayer position for balance. For a challenge, have members reach their hands up to the sky! Repeat on the other leg.

