

Tree of Importance

Directions

The Tree of Importance is a classroom activity that can be done with *Kindergarten through 2nd grade*. This activity helps children identify the things in their lives that are protective factors, which are typically the things that help foster resilience. This activity can be done with a whole class, small group, or individually.

- **For Kindergarten – 1st Grade:**

Introduce the tree as something that shows all of the special or important things in the child's life. Help them by giving personal examples first. Explain that you will read each section of the tree one at a time. Students may be more comfortable drawing or writing the things they choose for each box. Depending on the ability level of the students, gauge how much one on one assistance they will need and how well they can do this activity independently. After they identify all the boxes, have them color the tree. If this is done as a group activity, students could share their finished product with their classmates.

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- **For 1st - 2nd Grade:**

Introduce the tree as something that represents the things that are most important to them. Give examples from your own life. Have the students write 1-2 things for each box. They could also draw or decorate the boxes. Students can color the tree and present their finished product in a group setting or display it somewhere for everyone to see. It may be helpful to have a discussion about why it is important to have lots of people and things in your life to help support you through difficult times.

Tree of Importance

What helps you feel safe?

Who do you like to spend time with?

Who helps you when you are sad?

What makes you feel proud?

What do you like to do for fun?

Where is your favorite place to go?