

LOVE YOUR TREE

Cultivating Compassion Through Art



SELF-EXPLORATION AND CREATIVE BRAINSTORM ACTIVITY SHEET

1 Quickly sketch your favorite kind of tree.

5 What is your favorite part of your body?

Face	Shoulders	Knees	Nose	Thighs	Freckles
Eyes	Chest	Hands	Skin	Arms	Ankles
Hair	Brain	Hips	Calves	Feet	Other
Muscles	Nails	Toes	Heart	Elbows	_____

6 Write down three words to describe that body part and what it supports you to do?

2 In what ways are you connected to your favorite tree?

7 What are your favorite characteristics of your personality?

Creative	Relaxed	Complex
Honest	Loving	Outspoken
Resourceful	Grounded	Unique
Authentic	Different	Fast
Reflective	Resilient	Funny
Compassionate	Respected	Strong
Beautiful	Determined	Artistic
Intelligent	Flexible	Other
Social	Natural	_____
Passionate	Caring	_____

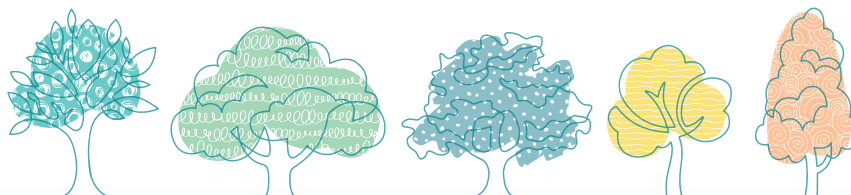
3 What is your favorite part of the tree?

Roots	Fruit	Shade	Blossoms
Shape	Smell	Leaves	Other
Trunk	Seeds	Bark	_____
Branches	Knots	Rings	_____

4 Sketch yourself.

8 What similarities do you see between yourself and your favorite tree?

Use your responses above as highlights to create your idea of yourself as a tree on a separate sheet of paper/banner.



STAY CONNECTED: We want to hear from you and see how you're getting involved!

To learn more, visit LoveYourTree.org
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