

Tree of Hope



Introduction:

This activity is based around encouraging reflection about our work with children/young people, and sharing hope. It involves participants writing/drawing messages of hope on leaf shaped cut outs which can be gathered together to form a Tree of Hope.

Assemble your tree leaves based around a focus question related to hope eg. 'Write or draw about a hope you have for a child/young person you work with.' Remember to de-identify those you refer to, should you need to.

You might introduce this activity through reading the picture story book- 'The Red Tree' by Shaun Tan. The Red Tree tells of a girl journeying through an evocative, shifting landscape. Tan's recognition of complex feelings in this story is moving and beautiful. Notice the red leaf symbol he draws somewhere on each page, and the red tree that emerges at the conclusion of the story. This story to many is about gathering hope, and renewal.

Experience 'The Red Tree' through this YouTube clip that runs for approximately 3 minutes:

<https://www.youtube.com/watch?v=pkz6N3qgi8A>

The Red Tree is widely available at book shops.



Who might use this activity:

This activity is useful for those working with children and young people.



What you will need:

- Leaf templates (photocopied to your desired size)- see accompanying leaves template
- Writing or drawing implements
- Scissors
- A place to keep or assemble your leaves of hope in the form of a tree (you might like to draw/make a simple tree trunk and branches somewhere to stick your leaves on.)



What you might say and do:

1. Cut out leaves or provide scissors for participants to cut them out.
2. Orient participants to the leaf cut outs. Suggest that these are leaves of hope and that participants might like to write or draw about a hope they have for a child/young person they work with.
3. Collect the leaves and display them gathered together in the form of a tree.
4. Consider together these collected hopes for children and young people.

Leaf Template:

