THANKFUL TREE

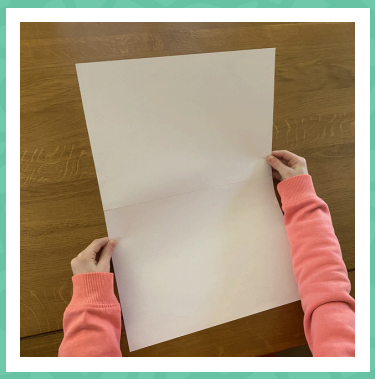
MAKE & TALK CRAFT

The Winston's Wish Make & Talk craft activities might be a good way for you to talk about your grief while doing something you like. The Thankful Tree is an activity that might help you think of things that make you feel good.

YOU WILL NEED

- A3 PAPER (OR 2 PIECES OF A4)
- SCISSORS (ASK A GROWN-UP FOR HELP)
- GREEN PAPER OR GREEN PENCILS
- WRITING PENCIL OR PEN
- GLUE

1



If you don't have any A3 paper, tape 2 pieces of A4 paper together to make 1 big piece of paper.

2

Draw an outline of a big tree in the middle of your paper. Make sure you draw a wide trunk and branches.

3

Ask a grown-up to cut out some leaf shapes for you. On each leaf, write or draw something (or someone) you are thankful for or that makes you feel good.

4

Glue the leaves onto the branches. Now you can display your Thankful Tree somewhere so you can see it and remember what makes you feel good!

Support is immediately available on weekdays (excluding bank holidays) from 8am to 8pm
08088 020 021 ask@winstonswish.org winstonswish.org

WINSTON'S WISH
Giving hope to grieving children