

# Gratitude Tree Activity for Seniors

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## Materials Needed :

1. Colorful paper
2. Markers or pens
3. Scissors
4. Adhesive (glue sticks, tape, etc.)
5. Large poster board or wall space
6. Optional: Tree template
7. Optional: Ribbon or string for hanging leaves

## Instruction :

### Step 1: Gather your materials

Colorful paper, markers, scissors, adhesive, and a large poster board or wall space.

### Step 2: Draw and Cut the Tree Stem

- Provide each senior with a brown paper or brown construction paper.
- Encourage them to draw the outline of a tree stem with branches on the brown paper.
- Once the tree stem is drawn, use scissors to carefully cut it out. This will be the base of the Gratitude Tree.



### Step 3: Create Colorful Leaves and Express Gratitude

- Offer a selection of colorful paper sheets to the seniors.
- They can draw leaf shapes directly on the paper or use a printed leaf template for guidance.
- Once they have drawn the leaves, help them cut the shapes out neatly.
- After Cutting the leaves, Hand out markers or pens in various colors.
- Invite the seniors to write things they are grateful for on each leaf.
- Encourage them to take their time and reflect on their blessings.



### Step 4: Assemble the Gratitude Tree:

- Provide a large poster board or designate a wall space as the backdrop for the tree.
- Help seniors position the tree trunk on the poster board or wall.
- Show them how to arrange the leaves around the branches, creating a Gratitude Tree display.



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