



# Hope at Hand

## “Think Like a Tree”

### Directions

1. Start: Ask the participants if they think it would make sense to think like a tree.
2. Read: Dear Friend poem. Ask the participants what they think if they had a tree's view of the world.
3. Activity: Have the students stand up and show them the yoga tree pose.
4. Read: Think Like a Tree.
5. Write: Fill in the Tree Poem Outline.
6. Art: Ink Tree
  - Using a 4" x 6" black ink pad, press your hand onto the ink pad and then press inked hand onto white card stock. You will most likely need to press your hand twice onto the ink pad in order to ink your entire hand.
  - Using a black Sharpie pen, draw the trunk, the stems of the tree, and the grass.

Please bring an example of the art activity to your session—ideally one you’ve made yourself. A full-color example is included at the end of this document. *If needed, print it elsewhere, as color printing is not permitted on the office printer.*

### Materials

White card stock, black marker, black stamp ink.

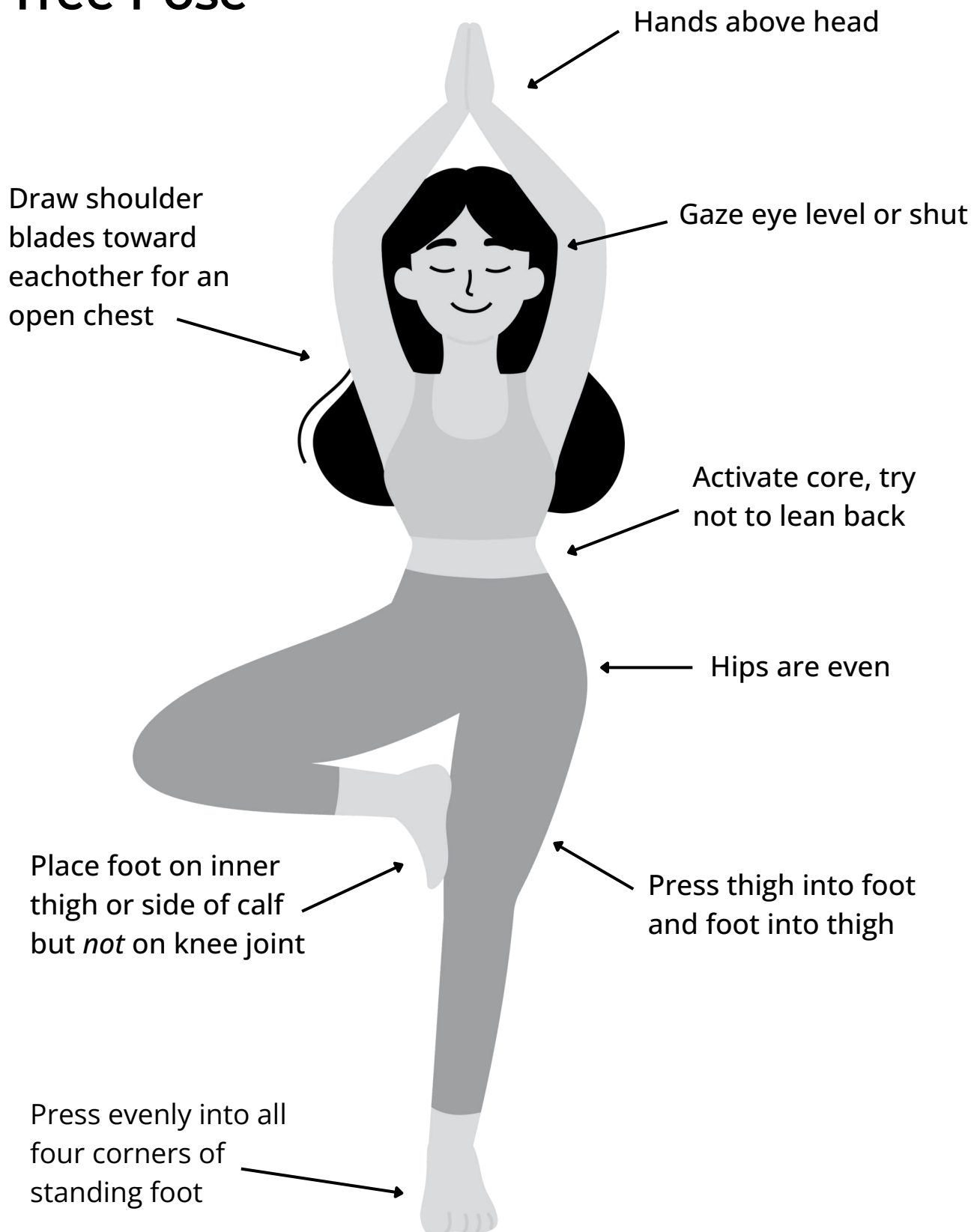
Dear Friend

Stand tall and proud  
Sink your roots deeply into the Earth  
Reflect the light of a greater source  
Think long term  
Go out on a limb  
Remember your place among all living beings  
Embrace with joy the changing seasons  
For each yields its own abundance  
The energy and birth of spring  
The growth and contentment of summer  
The wisdom to let go of leaves in the fall  
The rest and quiet renewal of winter  
Feel the wind and the sun  
And delight in their presence  
Look up at the moon that shines down upon you  
And the mystery of the stars at night  
Seek nourishment from the good things in life  
Simple pleasures  
Earth, fresh air, light  
Be content with your natural beauty  
Drink plenty of water  
Let your limbs sway and dance in the breezes  
Be flexible  
Remember your roots  
Enjoy the view!

Dear Friend

Stand tall and proud  
Sink your roots deeply into the Earth  
Reflect the light of a greater source  
Think long term  
Go out on a limb  
Remember your place among all living beings  
Embrace with joy the changing seasons  
For each yields its own abundance  
The energy and birth of spring  
The growth and contentment of summer  
The wisdom to let go of leaves in the fall  
The rest and quiet renewal of winter  
Feel the wind and the sun  
And delight in their presence  
Look up at the moon that shines down upon you  
And the mystery of the stars at night  
Seek nourishment from the good things in life  
Simple pleasures  
Earth, fresh air, light  
Be content with your natural beauty  
Drink plenty of water  
Let your limbs sway and dance in the breezes  
Be flexible  
Remember your roots  
Enjoy the view!

# Tree Pose



## **Think Like a Tree**

by Karen I. Shragg

Soak up the sun  
Affirm life's magic  
Be graceful in the wind  
Stand tall after it rains  
Grow strong without notice  
Be prepared for each season  
Provide shelter to strangers  
Hang tough through a cold spell  
Emerge renewed at the first signs of spring  
Stay deeply rooted while reaching for the sky  
Be still long enough to  
Hear your own leaves rustling

## **Think Like a Tree**

by Karen I. Shragg

Soak up the sun  
Affirm life's magic  
Be graceful in the wind  
Stand tall after it rains  
Grow strong without notice  
Be prepared for each season  
Provide shelter to strangers  
Hang tough through a cold spell  
Emerge renewed at the first signs of spring  
Stay deeply rooted while reaching for the sky  
Be still long enough to  
Hear your own leaves rustling

## Tree Poem Outline

What are you thankful for? (One word)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How do you show gratitude? (Two words)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How do you *not* show gratitude? (Three words)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What is trust? How are you learning to trust? (Four words)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What are you learning about yourself? About Gratitude? (Five words)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What is acceptance? Why is it important? Are accepted and gratitude connected? (Six words)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



