

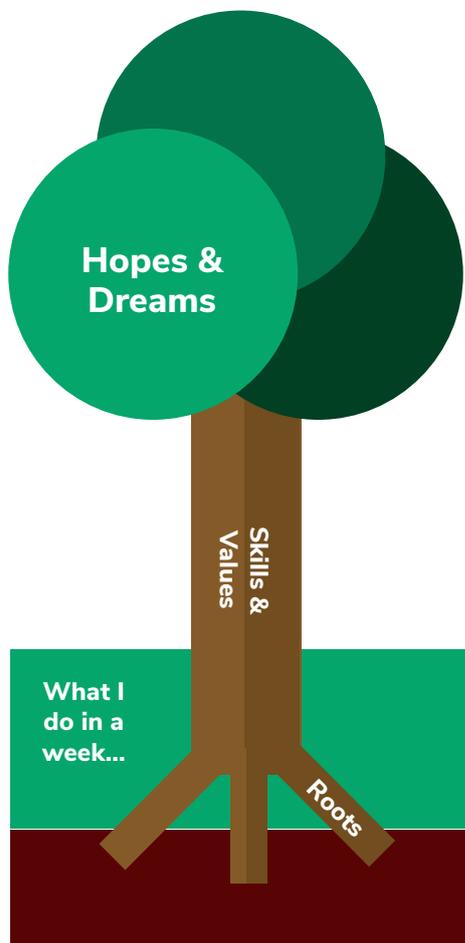
Activity 3:

Tree of life

Using the image of a tree as a metaphor for life, students or athletes discover how aspects of themselves are shaped by the past and identify the kind of person they want to be moving forward.

Description

The first step is to draw a tree, including the roots, the ground, the trunk and the branches. Next, label each part of the tree according to the instructions below.



The roots: Write down where you come from on the roots. This can be your hometown, region, country, etc. You could also write down the culture you grew up in, a club or organisation that shaped your youth, or a parent or guardian.

The ground: Write down the things you choose to do every week on the ground. These should not be things you are forced to do, but rather things you have chosen to do for yourself.

The trunk: Write your skills and values on the trunk. You can write your values starting at the base of the trunk going up and then transition into your skills.

The branches: Write down your hopes, dreams, and wishes on the branches. These can be personal, communal, or general to all of mankind. Think both long and short term. Spread them around the various branches.

Discussion questions

Reflect

What have you learned about yourself? Are you surprised in anyway regarding how you have

described the various parts of your tree?

Connect

Have you learned something new about the other students or athletes? Are there any similarities between you and the other students or athletes? What are some of the notable differences?

Apply

How have other people and their different life stories, impacted your life? Do you think you would be the person you are today without the influence of others?

Facilitation notes

If you can only think of one or two things per section of the tree at a time, don't worry about it. The nature of this exercise is that as you complete each step, it unlocks more memories and ideas for other parts. You can skip around and fill things in at any time. The most helpful thing, in the beginning, is to just write stuff down and see where it takes you.

Number of Teachers or Coaches	1-2
Number of Students or Athletes	Open
Typical Age Group	14+
Time Needed	60 min
Space Needed	Classroom or any other space where the students or athletes can draw
Materials Needed	<ul style="list-style-type: none">• Flipchart paper• Markers• Tape
Activity Objective	To understand yourself by reflecting on personal history, experiences, skills, values, hopes and dreams
Related Units	Unit 1 and Unit 2
Related Learning Competences	Self-awareness, emotional awareness, creativity, presentation skills, reflecting, perspective and respect