

TREE OF STRENGTH

<p>OBJECTIVES</p>	<p>Identify what is causing you feelings of anxiety or worry. Then, identify your coping mechanisms (people and activities).</p> <p>Desired Behavior: Find comfort and reassurance in recognizing all you can do to cope with feelings of anxiety.</p>
<p>MATERIALS NEEDED</p>	<p>Print the template attached Pen or pencil Colored pencils, crayons, or markers Phone/iPad if desired</p>
<p>STEP BY STEP</p>	<p>Get a sheet of paper Place your dominant hand's fingers open with part of your arm also on the paper Trace arm and hand leaving the fingers open (arm is the trunk and fingers are branches) At the end of the "branches" draw several large leaves On each leaf, write one thing that helps you get through tough times (supportive people in your life, enjoyable activities, etc.)</p>
<p>FOLLOW UP ACTIVITIES</p>	<p>Post it, share it, tag us, join our online community! Don't forget we have a Kindness Postcard pack available with a small donation. It benefits your social circle as well as the Hance Family Foundation.</p>
<p>MODIFICATIONS</p>	<p>Younger learners</p> <p>Encourage coloring, designing, and displaying</p> <p>Older learners</p> <p>Be creative with your tree!</p> <p>Learners with special needs</p>

Name:

Date:

Trace your hand here:

