

The Christmas Gratitude Tree

This is a fun way to teach children about gratitude as they count down to Christmas. Make and personalise your tree together and then decorate it with a new 'thankful' bauble each day until Christmas.

Thank you to My Happy Mind: (myhappymind.org) for the inspiration for this activity.

Instructions



You can make your tree in several ways. Choose what works for you and, to save paper and ink, only print out the pages you need. Remember to save your off-cuts for other craft activities, and use recycled card, paper and other materials whenever possible.

Step 1: Make your tree

- **For a larger wall-mounted tree:** Print out the larger tree on page 6 and 7, stick the two parts together, paint or colour it in and then stick it to a wall ready for December 1st.
- **For a smaller, free-standing tree:** Print out pages 2 and 3 and cut them out. You could print this straight onto thin card or use these print-outs as a template and make a thicker tree out of an old cardboard box. Once you have cut out your pieces, paint and decorate them, assemble, and proudly display your tree ready for December 1st.

Step 2: Make your baubles

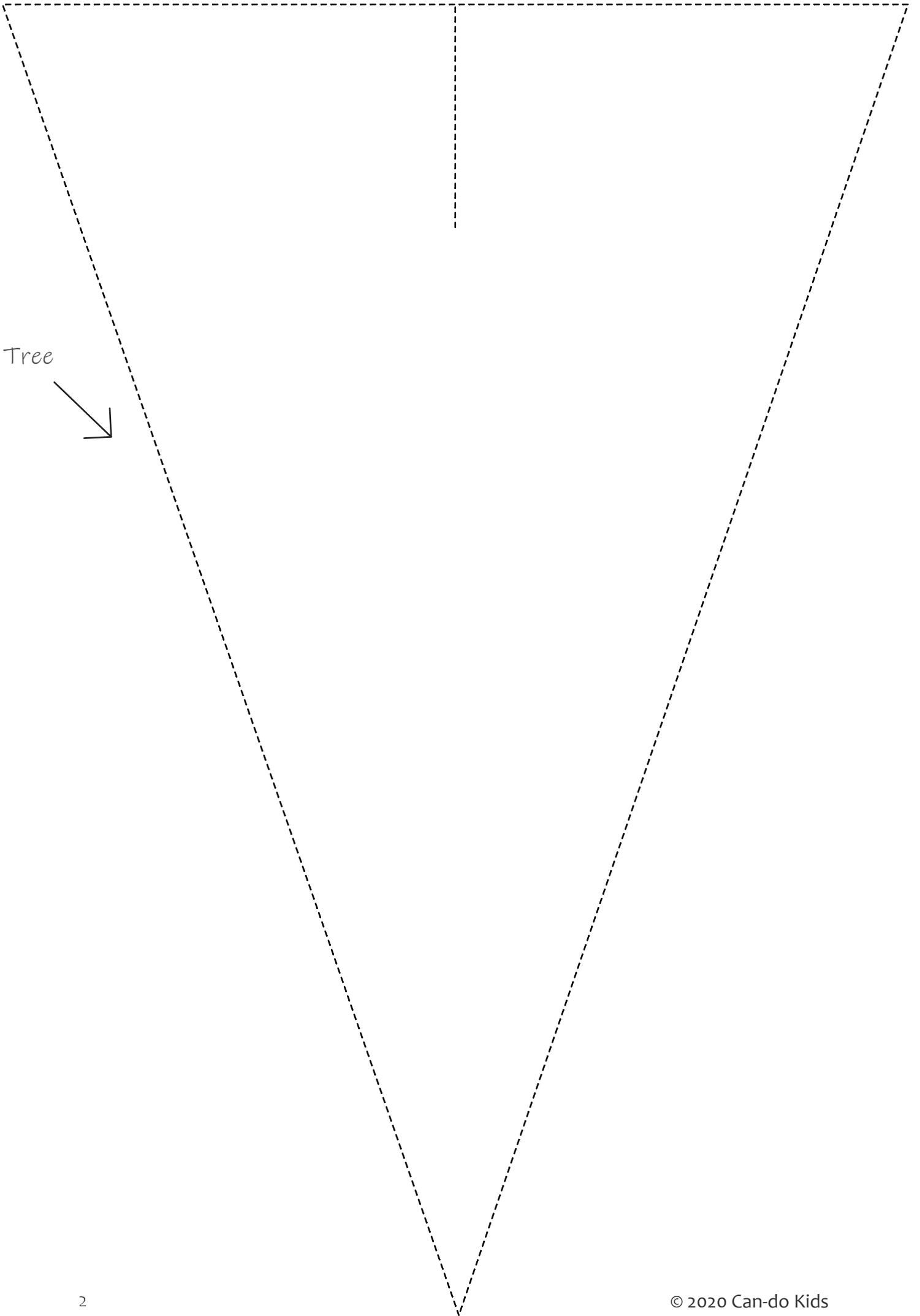
- Print out pages 4 and 5. Cut out your baubles and place them somewhere safe, ready for December 1st. Save the big star on page 3 for Christmas day.
- Decorate them if you wish, but make sure you'll be able to write on them later.

Step 3: Start your daily gratitude practice

- Just like with any advent calendar, start on December 1st.
- Each day, take a bauble and ask your child what they are thankful for. It works well if you tell them what you are thankful for first. Write the 'gratitude' on the bauble.
- Stick the bauble to the tree. Make sure you leave enough room for all 25 baubles. With the smaller free-standing tree, it will get a bit crowded as you get closer to Christmas, but that's okay – it's just a reminder of how much you have to be grateful for.
- You can use both sides of the free-standing tree.
- Feel free to decorate your baubles to make them look extra festive. We love this biodegradable glitter from www.ecoglitterfun.com.

Step 4: Share

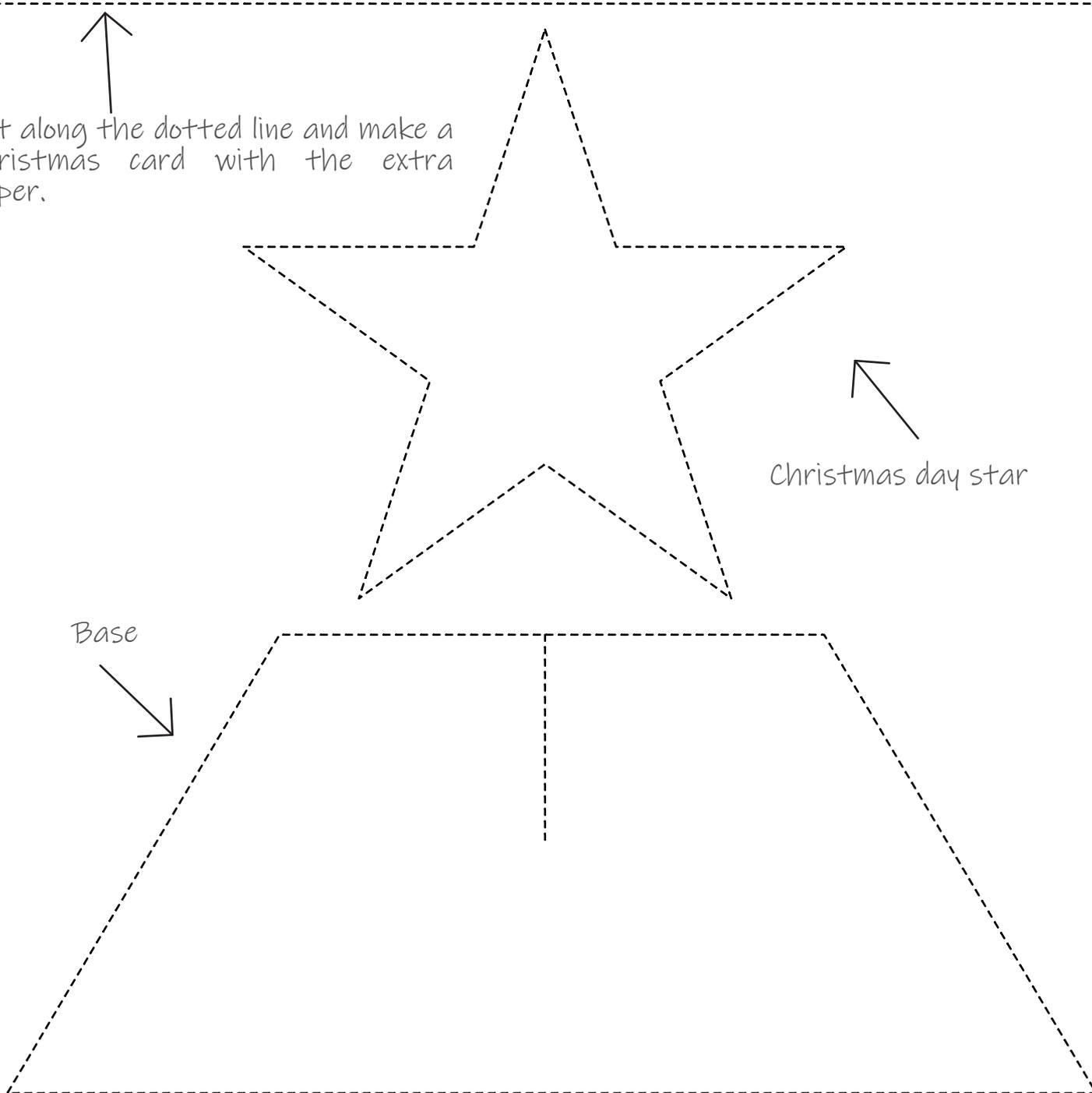
- We'd love to see your gratitude tree creations so please send us photos or post them on Instagram and Facebook and tag us along with the hashtag #candochristmas.

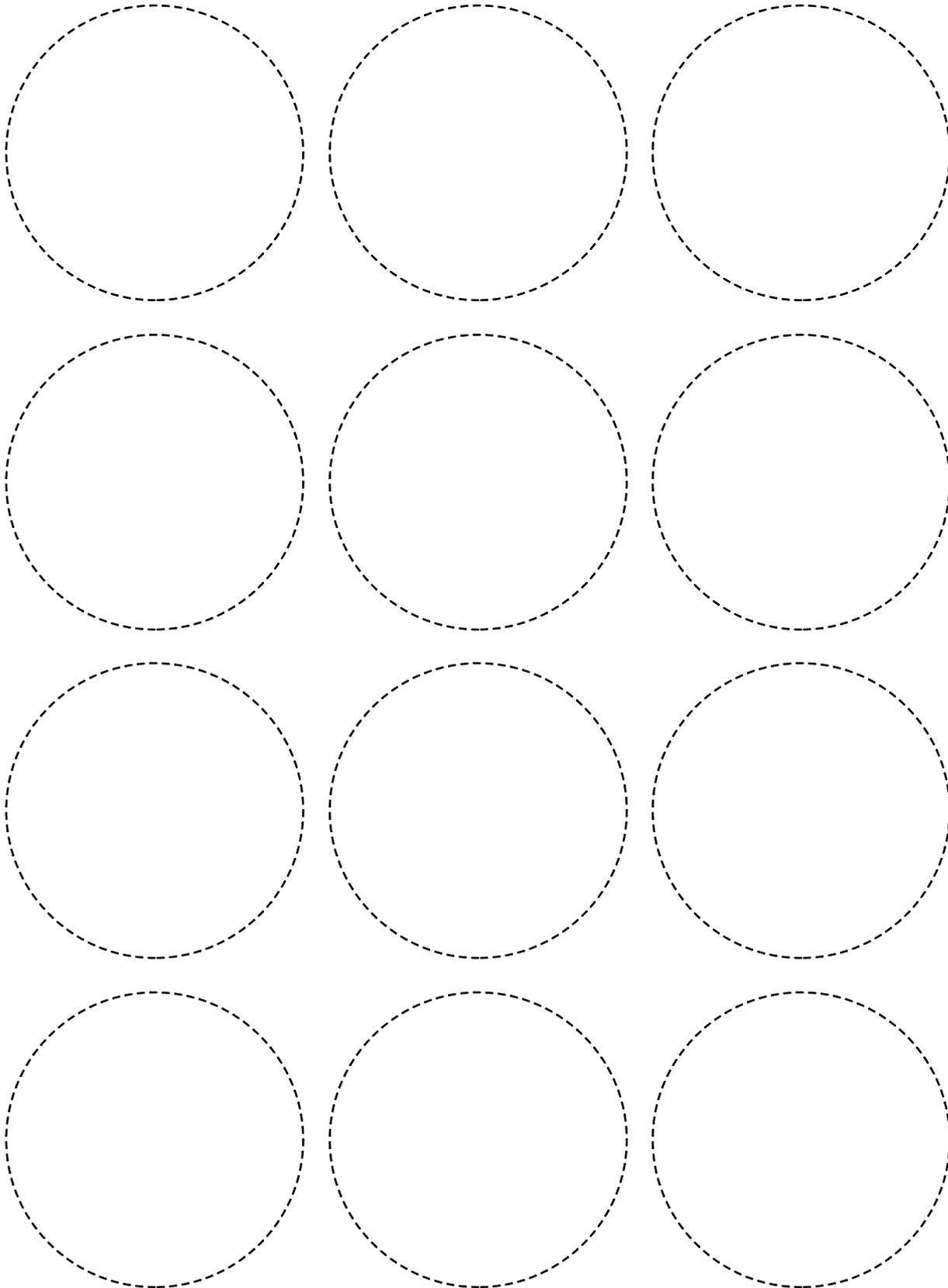


Cut along the dotted line and make a Christmas card with the extra paper.

Christmas day star

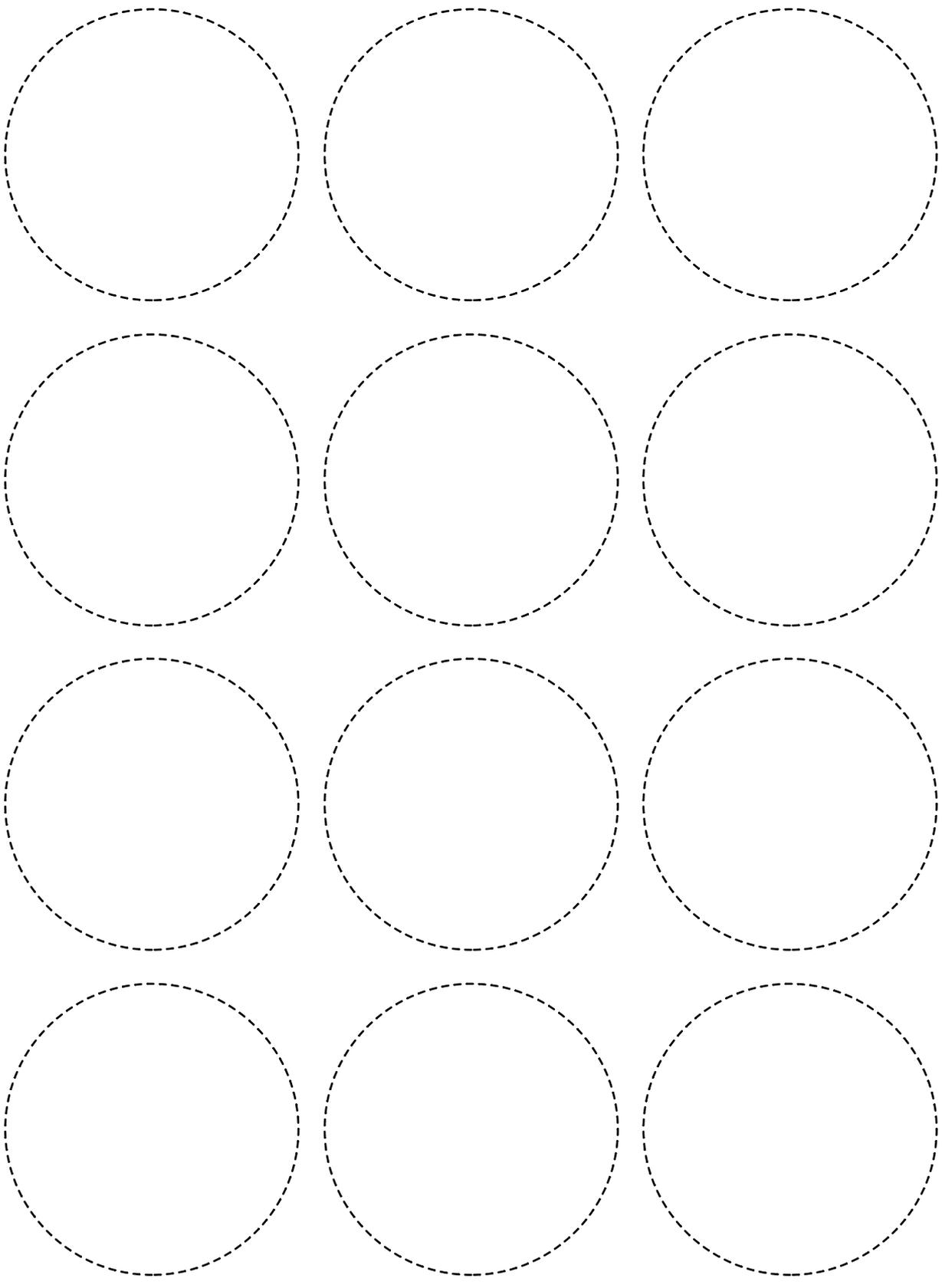
Base





Make a
bookmark

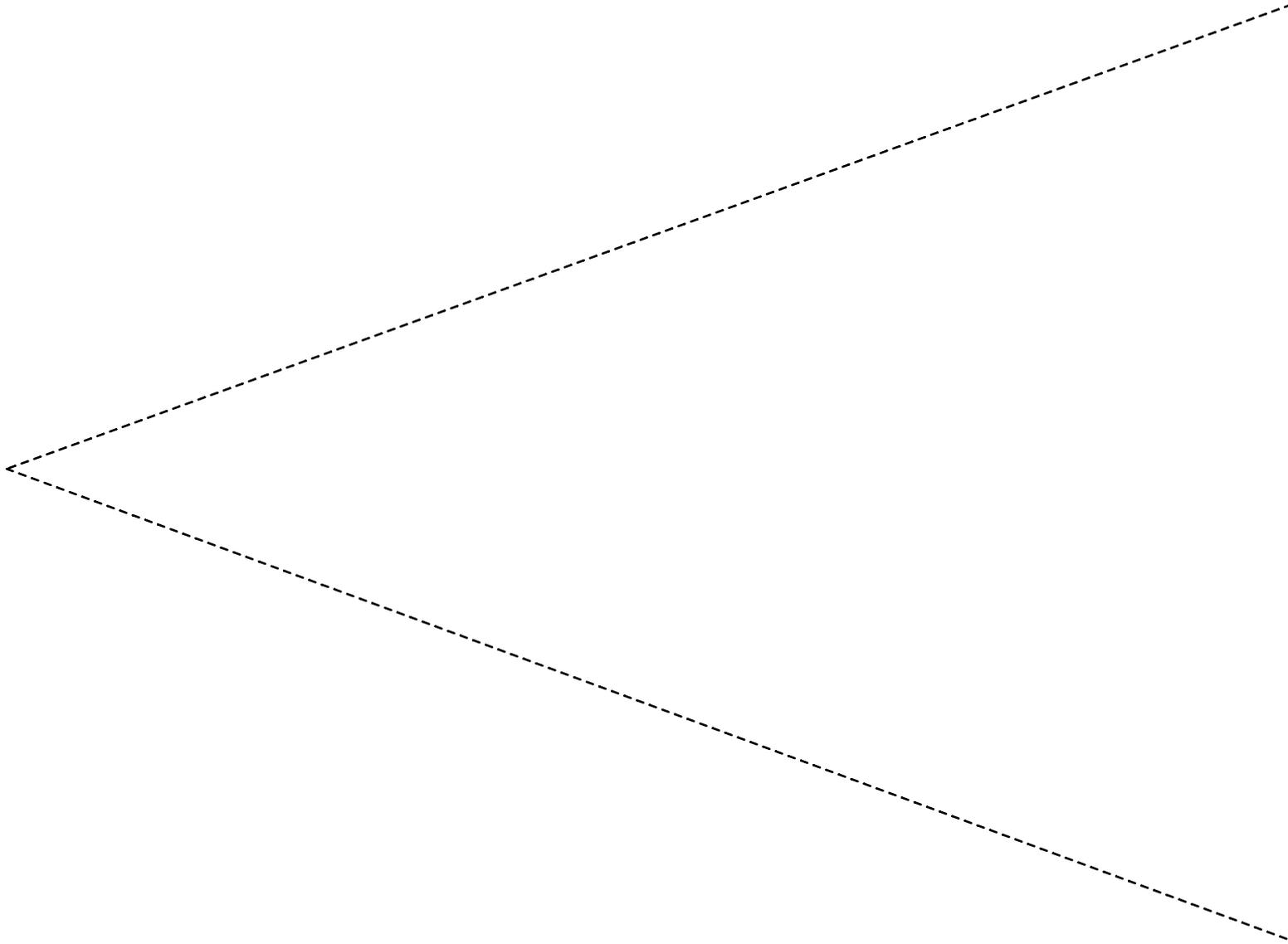
Baubles



Make a
bookmark

Baubles





Larger Tree

