

Relationships and Sex Education (RSE) Day

It begins with me

This activity can either be carried out as a whole class contribution or an individual piece of work displaying different things that the students are grateful for.

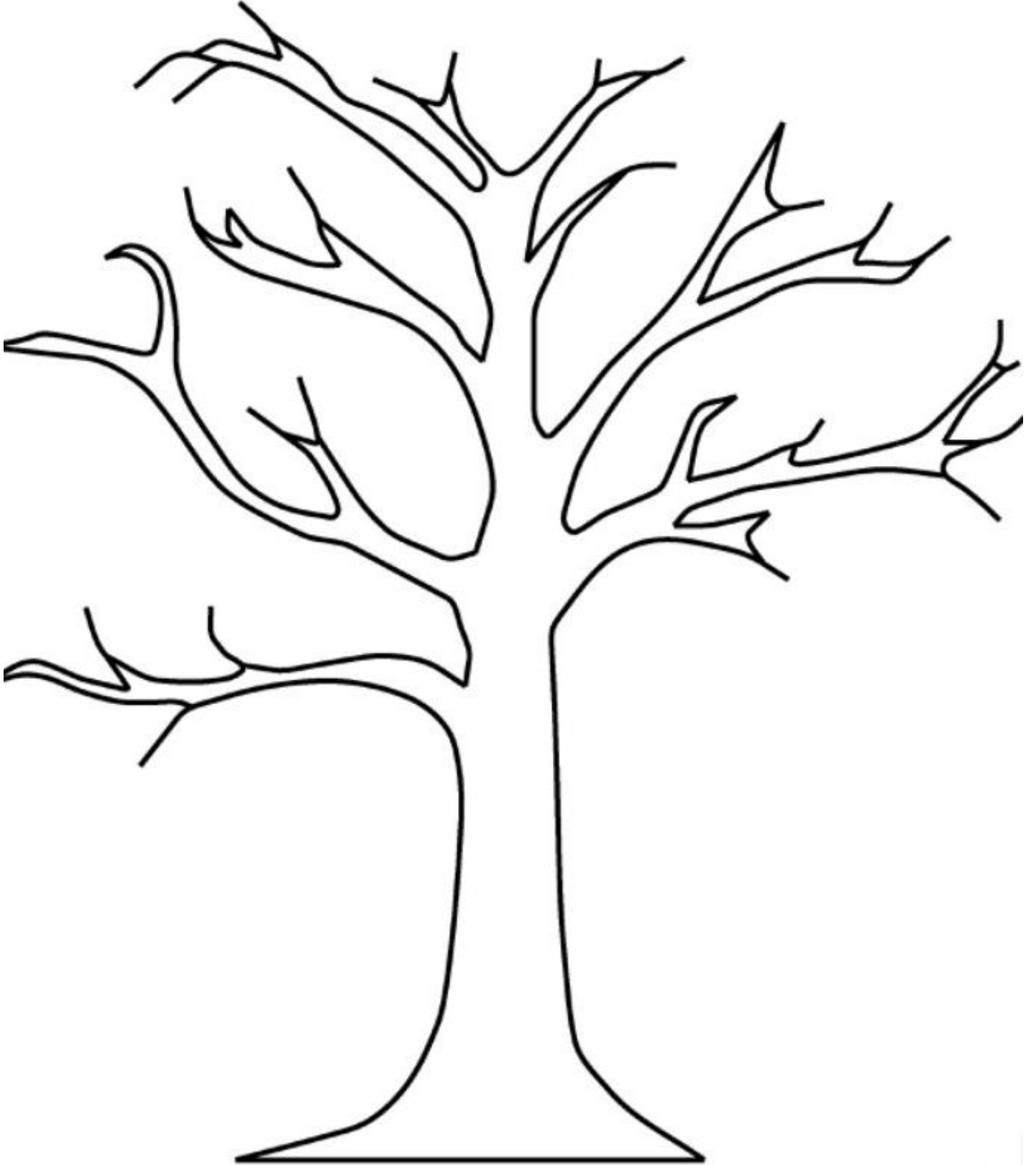
If working on a tree of gratitude as a collective piece of art, the students may want to cut out leaves on coloured pieces of paper, or you may wish to print off the leaf templates below on card.

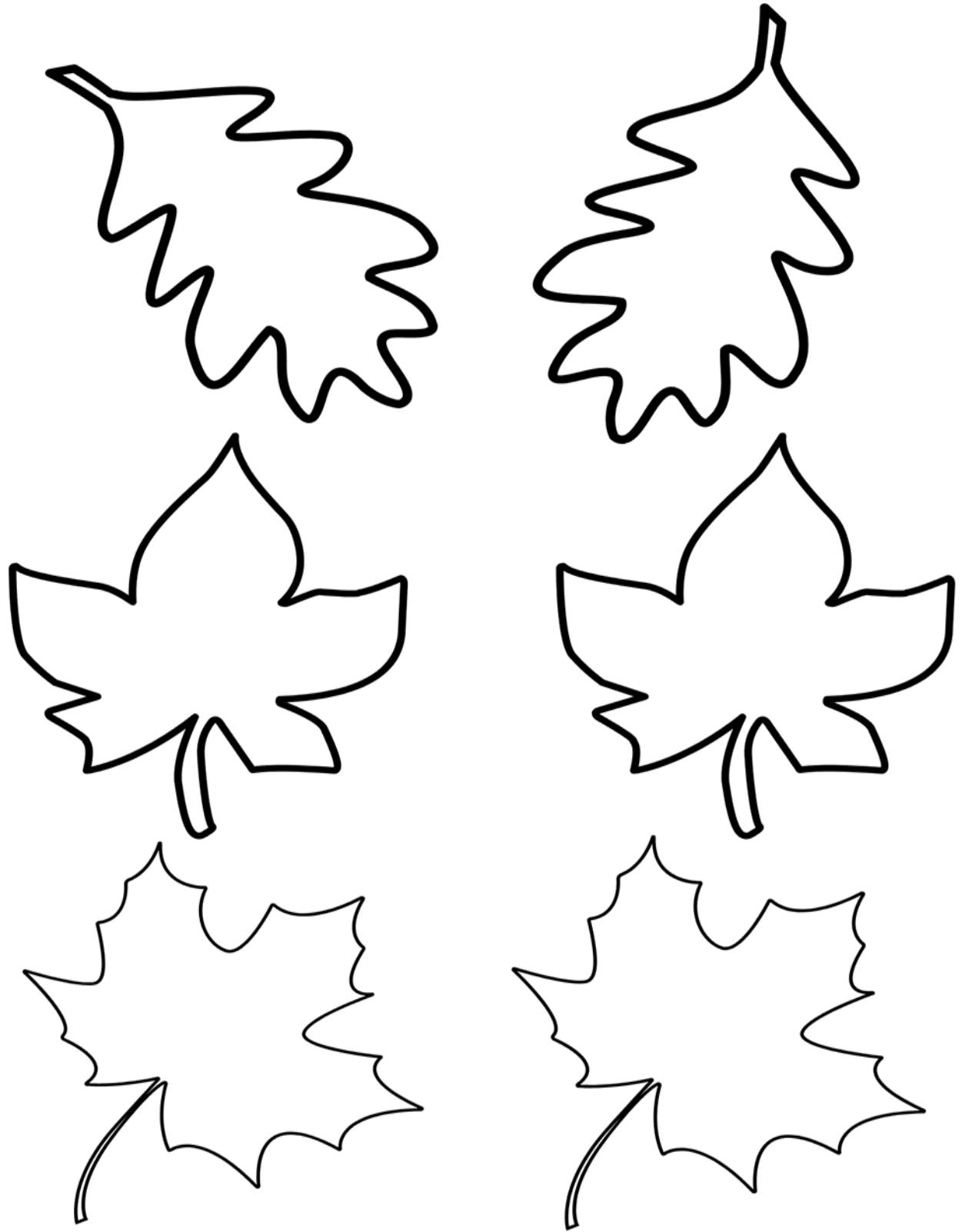
They should write anything they feel thankful for, no matter how big or small, on their leaf/leaves to stick onto the tree.

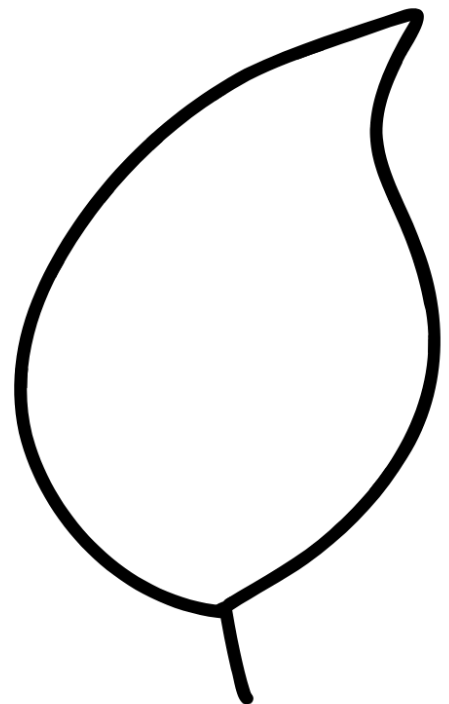
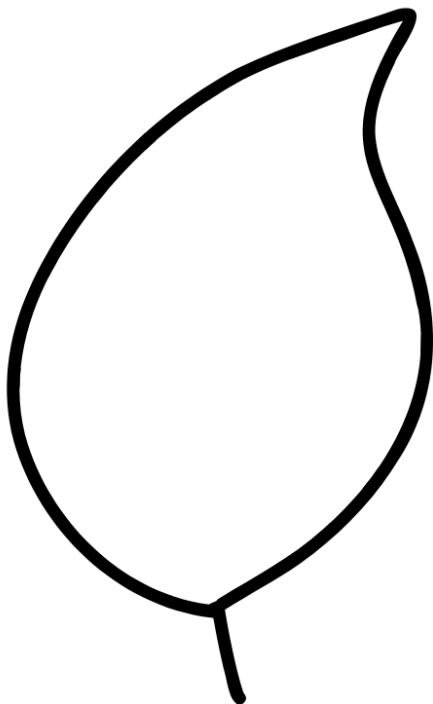
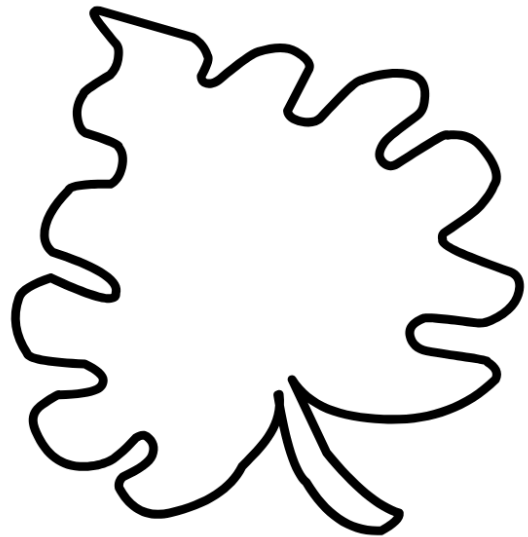
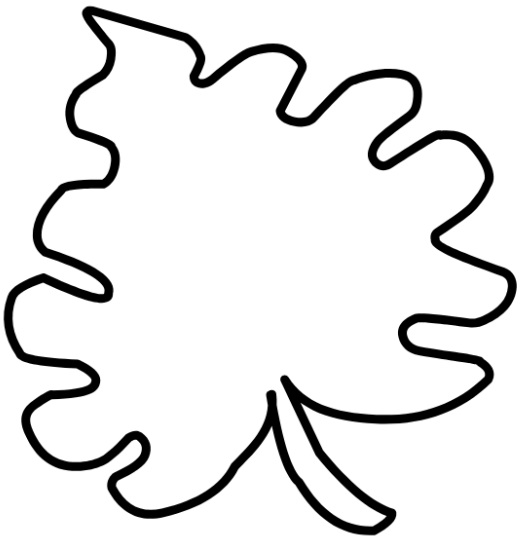
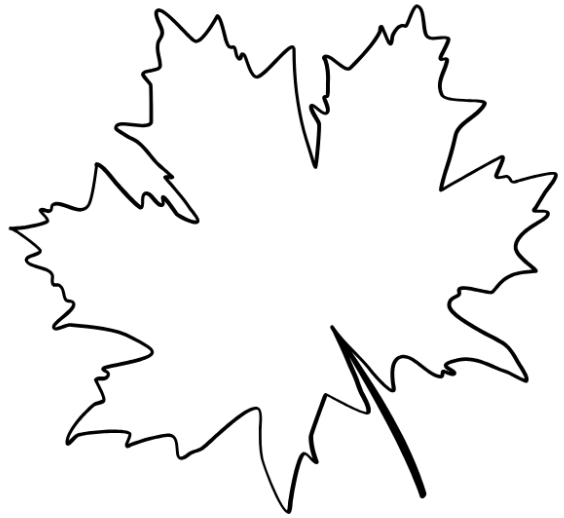
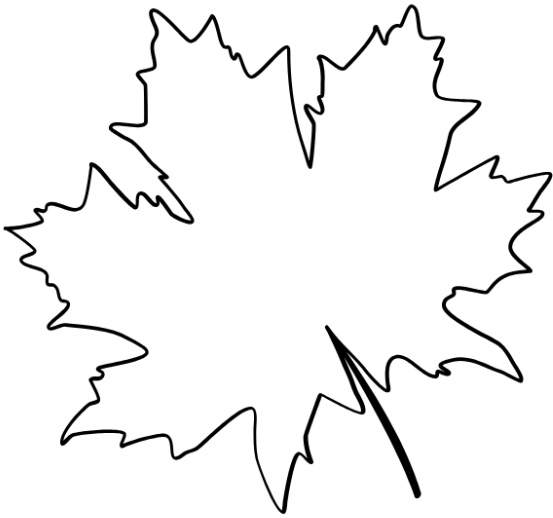
If it is preferable for students to create individual pieces of work, there is a printable tree outline on the next page and a finished example on page 5.

Students can think about who keeps them 'rooted' and write these people or things at the base of the tree, as well as the core beliefs and values at the centre of the tree. The branches can show anything else they value and appreciate in life.









Examples of whole class tree with leaves and an individual tree

