



ROOTS TO SHOOTS

What are some things you are good at? Have you learned a new skill? Draw or paste photos of these activities in the leaves to create a "Tree of Strengths"!



→ Hey Parents!

This activity encourages children to think about and celebrate their strengths and abilities. This is the first step towards developing self-esteem and confidence in oneself. Display this sheet on the wall so that the next time your child struggles with a new task or activity, seeing this tree may help him to persevere.

