

THE GRATITUDE TREE™

ACTIVITY GUIDE

Grow gratitude.
Strengthen hearts.
Build a better world.



One leaf at a time,
gratitude grows.
Together, we flourish.

WHAT IS THE GRATITUDE TREE?™



The Gratitude Tree™ is a simple but powerful way to see, share, and celebrate the good in our lives.

Each leaf represents gratitude—an expression of appreciation, hope, resilience, and love.

It starts small.

It grows everywhere.

It changes everything.



WHY GRATITUDE MATTERS



Gratitude helps us to:



Focus on the good



Build stronger relationships



Reduce stress and worry



Increase happiness



Improve our health



Inspire others



Create a culture of kindness

Gratitude turns what we have
into enough—and more.



HOW TO CREATE A GRATITUDE TREE



- 1 Choose your type of tree
(see options on the next page).
- 2 Gather your supplies.
- 3 Create your tree trunk and branches.
- 4 Cut out or design gratitude leaves.
- 5 Write your grateful thoughts on the leaves.
- 6 Add your leaves to the tree.
- 7 Watch your tree grow!

There are no rules—just meaning.
Make it yours!



GRATITUDE TREE OPTIONS

Choose the option that fits your space
and your purpose.



PAPER TREE

Use construction paper and create a simple tree on a wall.



POSTER TREE

Create a large tree on a poster board.



CLASSROOM TREE

A fun way for students to share and grow gratitude together.



CHURCH TREE

A meaningful way for your congregation to connect.



OFFICE TREE

Encourage appreciation and teamwork at work.



FAMILY TREE

Grow closer together at home.

Any space. Any size. All hearts. 

CREATE YOUR TREE

STEP-BY-STEP

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1



Draw or paint a tree trunk and branches.

2



Cut out leaves from paper (or use our template on page 8).

3



Place your tree in a visible area.

4



Invite everyone to write their gratitude.

5



Add the leaves to the tree as they are created.

6



Watch your Gratitude Tree™ come to life!



GRATITUDE LEAVES

WHAT CAN YOU WRITE?



Someone
I appreciate



Something
I learned



Something
I overcame



Something
I hope for

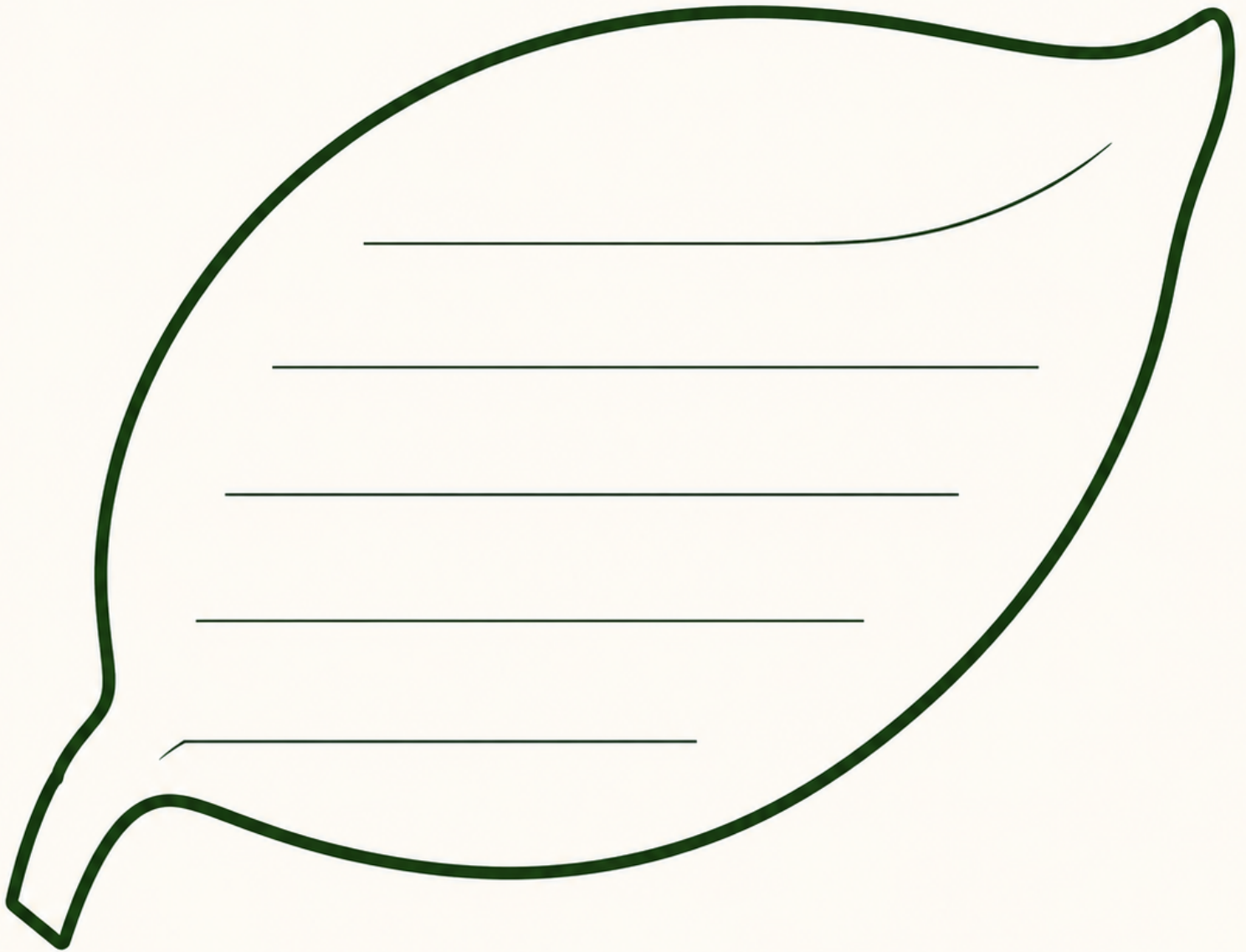
Write from the heart. There are no wrong answers.



GRATITUDE LEAF TEMPLATE

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Use this template to create your leaves.

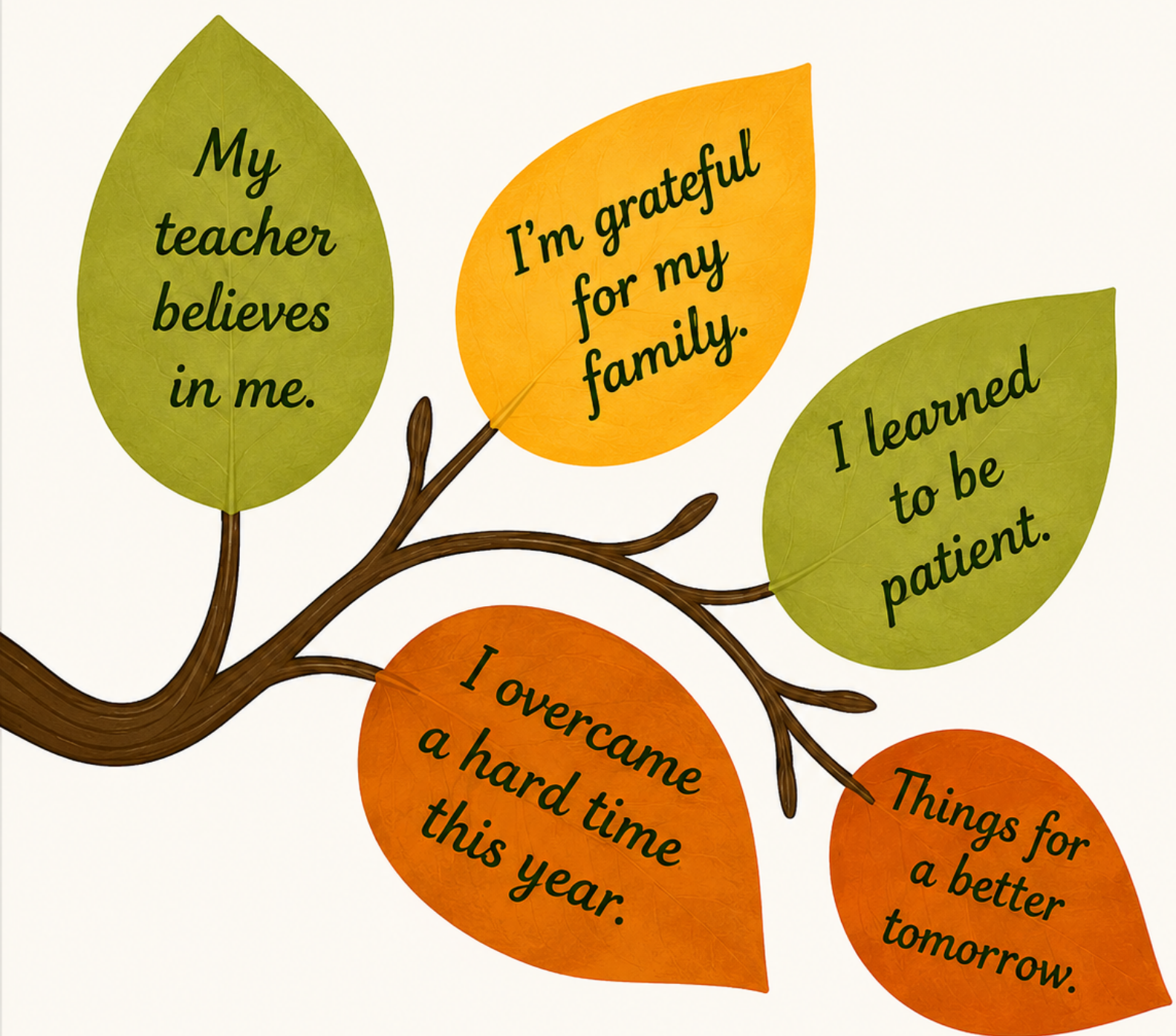


Cut along the outline or trace it onto your paper.



EXAMPLES OF GRATITUDE LEAVES

Here are some ideas to get you started.



*My
teacher
believes
in me.*

*I'm grateful
for my
family.*

*I learned
to be
patient.*

*I overcame
a hard time
this year.*

*Things for
a better
tomorrow.*

TREE IDEAS FOR EVERY SETTING

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AT HOME

Place your tree where everyone can add a leaf.



IN THE CLASSROOM

Students add leaves throughout the year.



IN THE CHURCH

Grow a tree in the lobby or a fellowship area.



IN THE OFFICE

Build a culture of appreciation and encouragement.



IN THE COMMUNITY

Create a public tree where everyone can participate.



Gratitude grows
stronger together.

GRATITUDE TREE ACTIVITIES

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Daily Leaf

Add one leaf each day.



Gratitude Jar & Tree

Write a leaf and add it to the tree or a gratitude jar.



Family Gratitude Night

Share your leaves and the stories behind them.



Gratitude Walk

Go on a walk and find things to be grateful for.



Gratitude Challenges

Try one of the challenges on the next page!



GRATITUDE CHALLENGES

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Pick a challenge and grow your tree!



7-Day Challenge

Add one leaf every day for a week.



30-Day Challenge

See how full your tree can grow!



Family Challenge

Every family member adds at least one leaf each week.



Classroom Challenge

Fill the tree with 100 leaves of gratitude.



Community Challenge

Invite others to add leaves and grow a gratitude forest!

REFLECT & CONNECT

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Use your tree to spark meaningful conversations.



What are we most grateful for as a family/class/team?



What patterns do you see in our leaves?



What can we do to show gratitude every day?

Gratitude spoken, shared, and lived
becomes a way of life.



SHARE YOUR GRATITUDE TREE™



We love seeing your trees!



Take a photo of your tree.



Share it with your story.



Inspire others with your gratitude!

EVERY GRATITUDE TREE HAS A STORY.

Whether your tree was created by one person, a family, a classroom, a church, a workplace, or a community group, we'd love to hear how gratitude brought people together.



Selected stories may be featured in the Gratitude Tree Gallery at TheThanksgivingSeason.com.



BEFORE YOU FINISH

- ✓ Take one photo of your completed tree.
- ✓ Capture the gratitude leaves if possible.
- ✓ Write a few sentences about what the experience meant to you, your family, classroom, workplace, or community.
- ✓ Then share it with us to inspire others.



TELL US...

- What are you most grateful for this year?
- Who participated in your Gratitude Tree?
- What was your favorite gratitude leaf?
- Did creating the tree spark any meaningful conversations?
- What surprised you most about the experience?

TOGETHER, WE CAN
create a world filled with gratitude.

#GratitudeTree

#ThanksgivingSeason



Scan to share your tree!

Upload your photo and story to inspire others and be part of our growing gallery.



Thank you for helping grow a community of gratitude! 

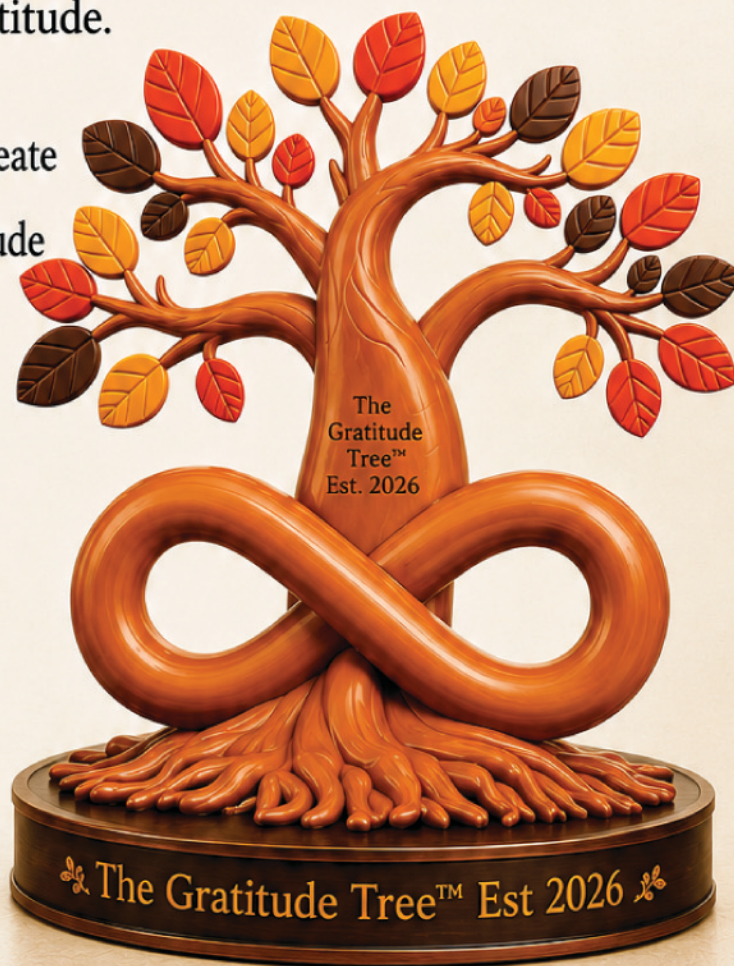
THE GRATITUDE TREE™

FOUNDERS EDITION

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The Gratitude Tree™ was created as a lasting symbol of appreciation, connection, growth, and gratitude.

While many people choose to create their own paper or poster Gratitude Trees, others enjoy displaying a handcrafted Gratitude Tree™ as a year-round reminder of the blessings, lessons, people, and experiences that shape our lives.



Learn more or purchase yours at
TheThanksgivingSeason.com/gratitude-tree
or scan the QR code.



THANK YOU FOR GROWING GRATITUDE!



One leaf. One heart.
One world of difference.



THE
THANKSGIVING
SEASON™