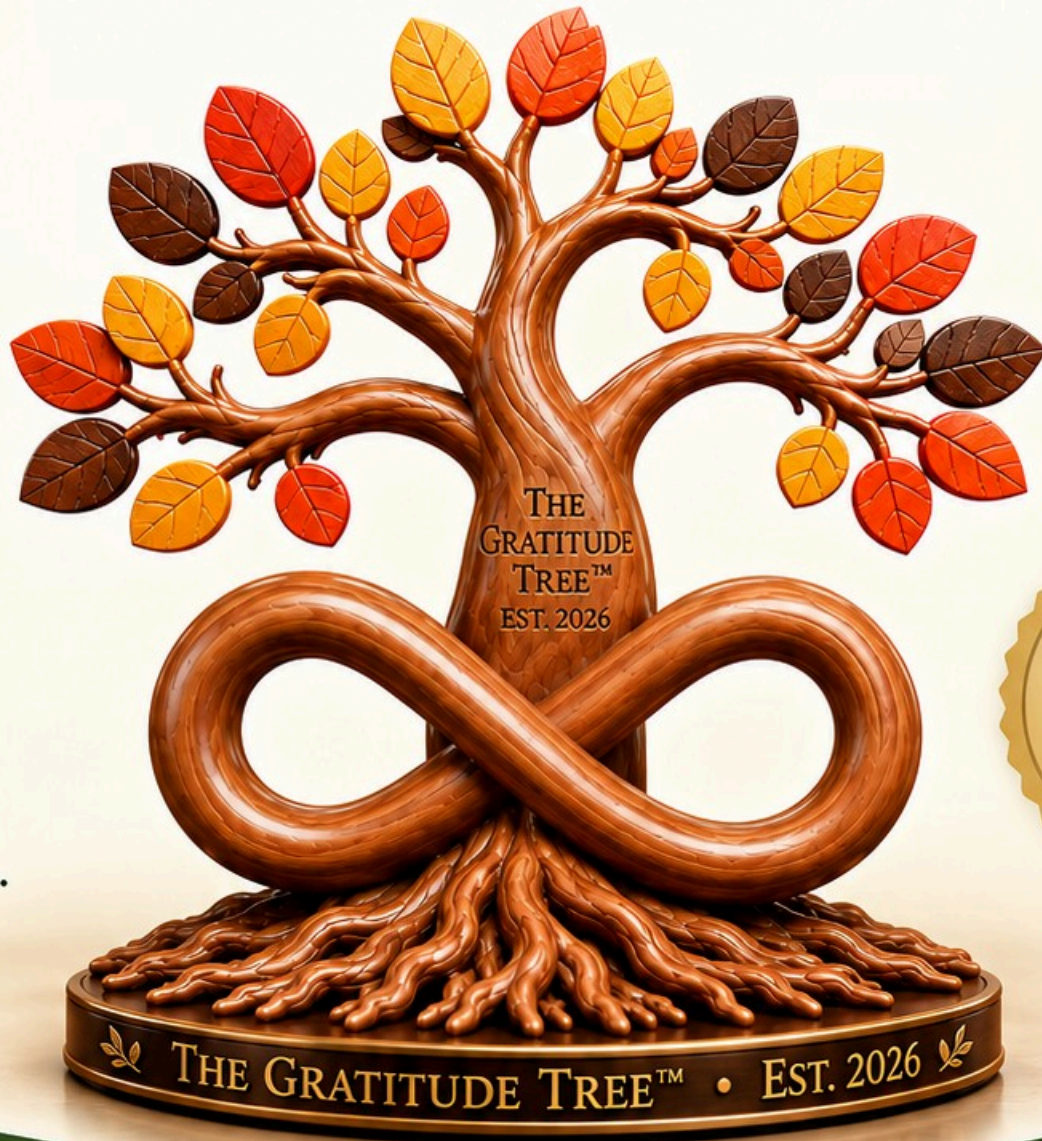


THE GRATITUDE TREE™ ACTIVITY GUIDE

Simple Activities. Meaningful Moments. A Kinder World.



Grow
gratitude.



Strengthen
hearts.



Build a
better world.

Includes
Printable
Tree, Leaves
& Activities!



*One leaf at a time,
gratitude grows.*

♥ TOGETHER, WE FLOURISH. ♥

FOR HOMES | SCHOOLS | CHURCHES | COMMUNITIES | A BRIGHTER TOMORROW

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.



Gratitude turns what we have
into enough—and more.



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.



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. 

GRATITUDE LEAVES

WHAT CAN YOU WRITE?



Someone
I appreciate



Something
I learned



Something
I overcame



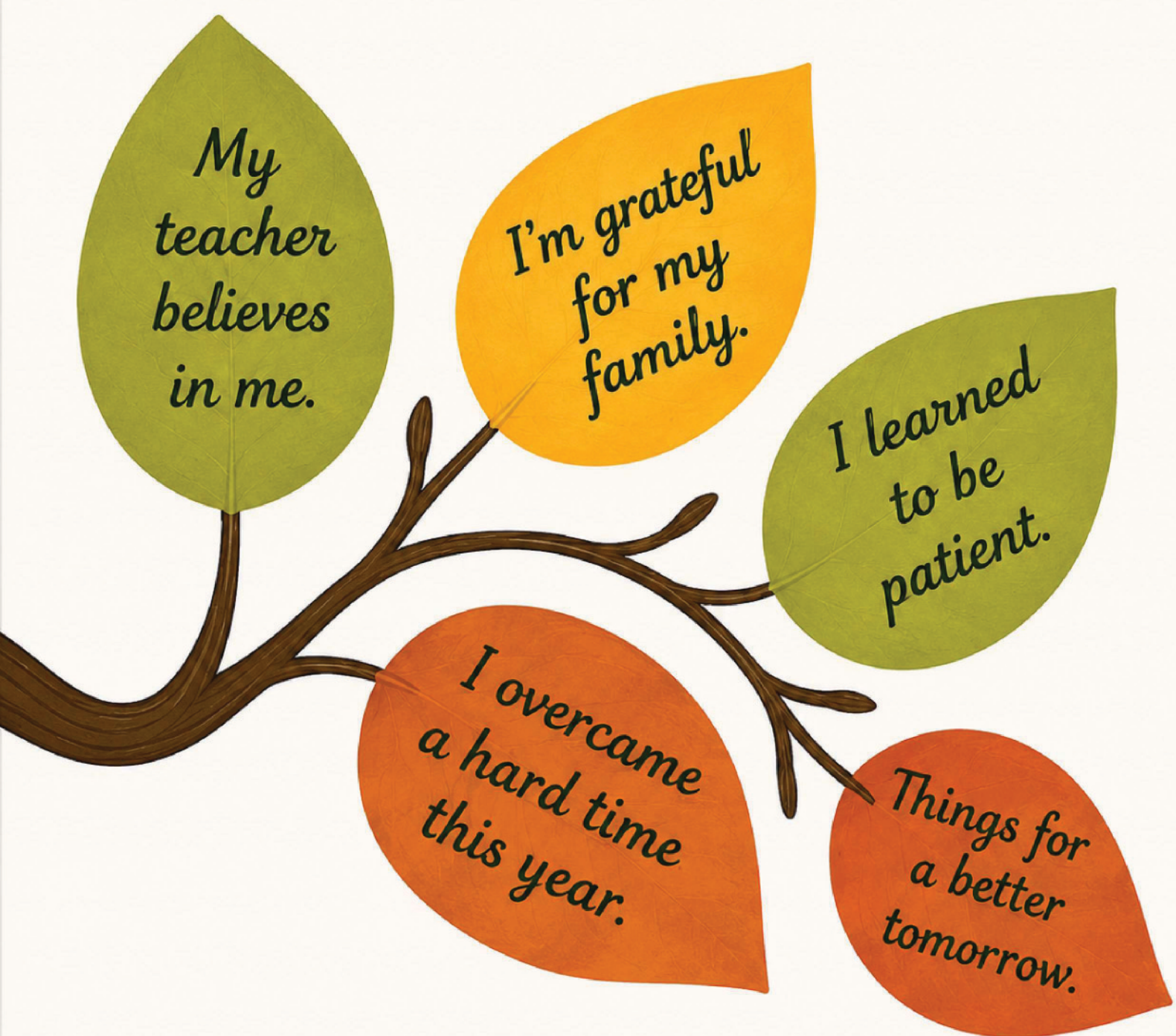
Something
I hope for

Write from the heart. There are no wrong answers.



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



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.



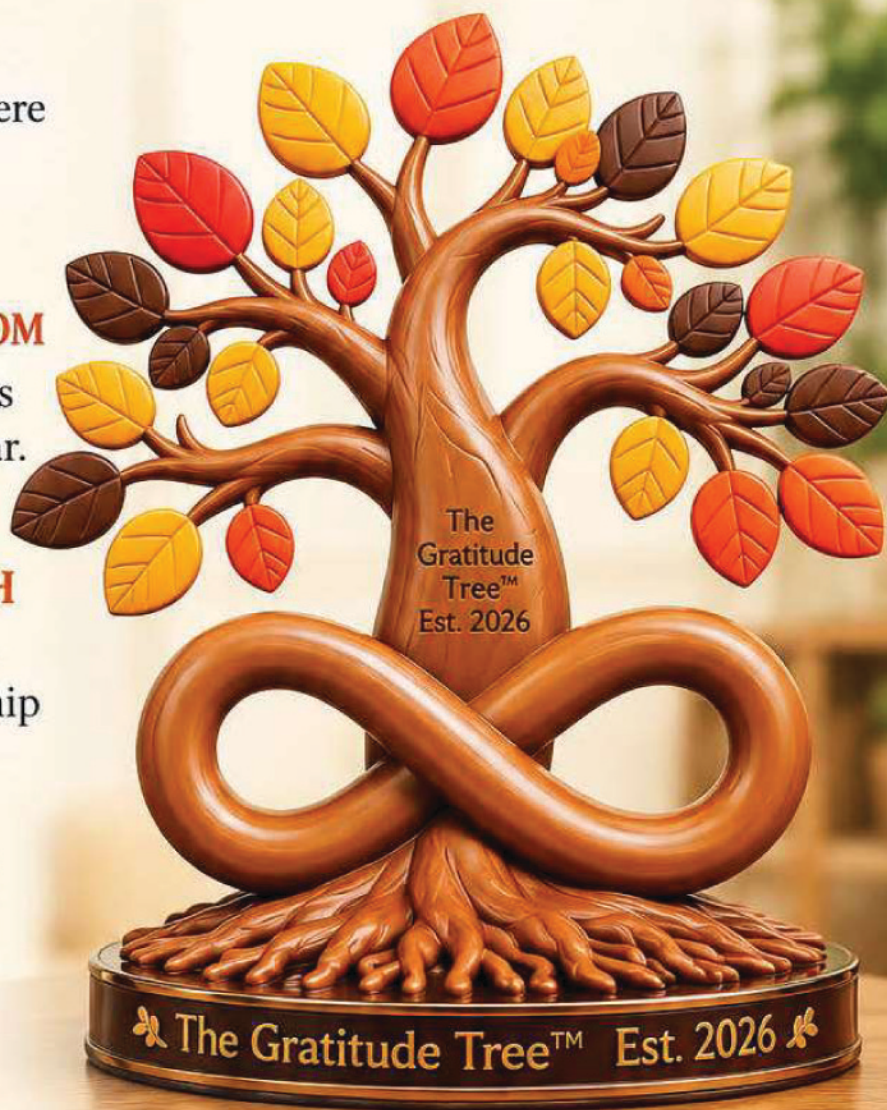
IN THE OFFICE

Build a culture of appreciation and encouragement.



IN THE COMMUNITY

Create a public tree where everyone can participate.



**Gratitude grows
stronger together.**



Different places. A kinder world.™



GRATITUDE TREE ACTIVITIES

Small actions. Big changes.



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!

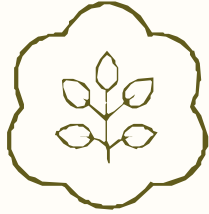


A grateful heart leads to a brighter tomorrow.



GRATITUDE CHALLENGES

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



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!

Together, we can create
a world filled with gratitude.

#GratitudeTree #ThanksgivingSeason

Scan to share your tree!

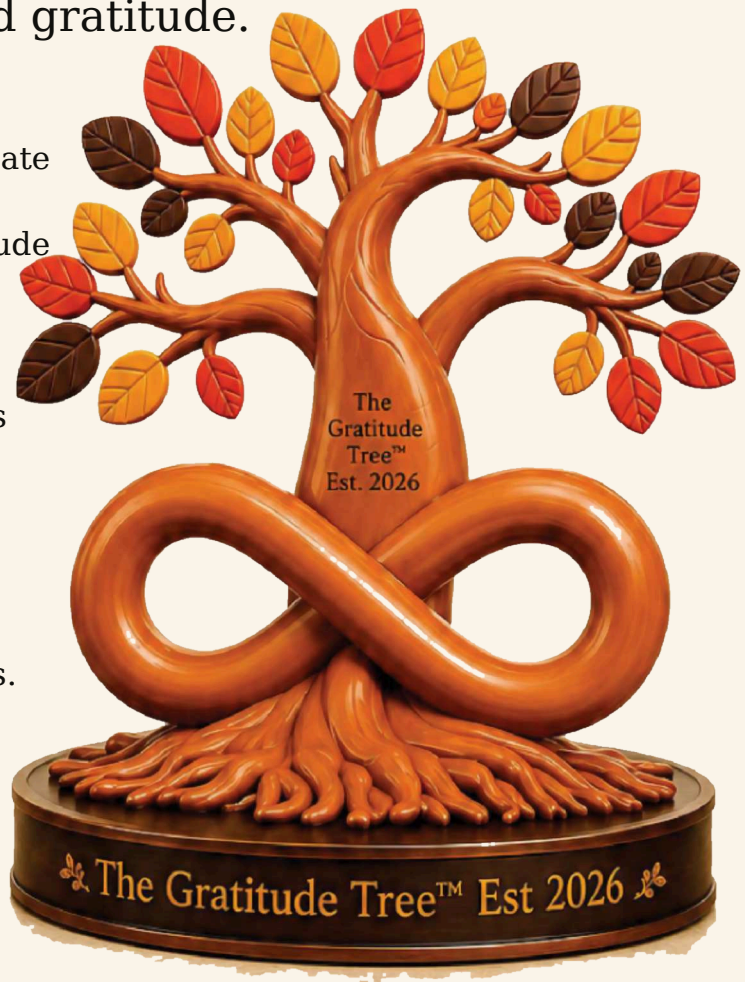


THE GRATITUDE TREE™

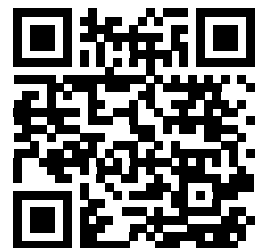
FOUNDERS EDITION

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.



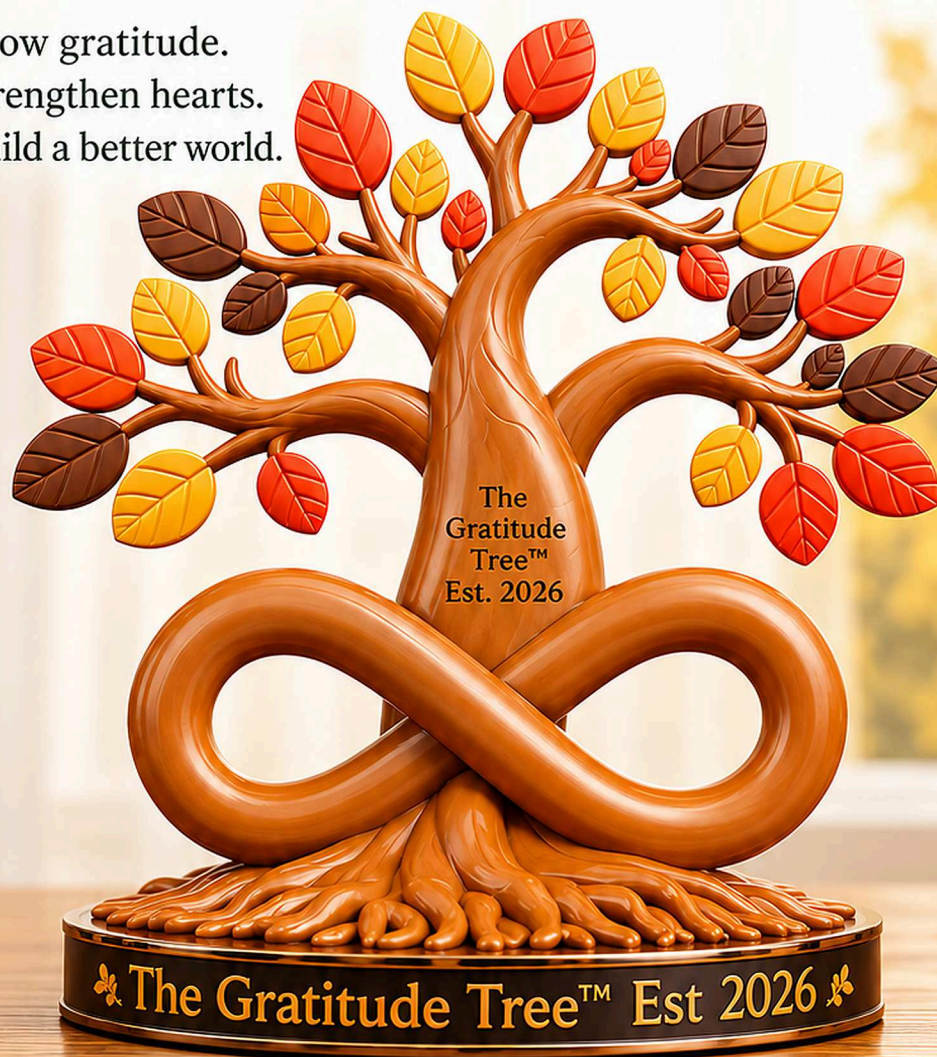
Learn more or purchase yours at
TheThanksgivingSeason.com/gratitude-tree
or scan the QR code.



The Gratitude Tree

Gratitude grows here.

Grow gratitude.
Strengthen hearts.
Build a better world.



I am grateful for...

♥ HOW IT WORKS ♥



1 PRINT

Print the tree sheet and leaves sheet on 8½" x 11" paper.



2 CUT

Cut out the leaves along the dotted lines.



3 WRITE

Write something you're grateful for on each leaf.



4 ATTACH

Use glue dots or removable tape to stick the leaves on your tree.



5 WATCH IT GROW

Add more leaves throughout the Thanksgiving Season and watch your gratitude grow!

♥ Tip: Use glue dots or removable tape to attach the leaves. ♥



The Gratitude Tree™



— Gratitude  grows here. —



I am grateful for...

—  —

— THE THANKSGIVING SEASON™ —

CONNECT  APPRECIATE  GIVE

I'm grateful
for my
family



I'm grateful
for good
health



I'm grateful
for my
friends



I'm grateful
for the
opportunities
in my life



I'm grateful
for nature's
beauty



I'm grateful
for the people
who **support**
me



I'm grateful
for the **little**
things



I'm grateful
for a **brighter**
tomorrow

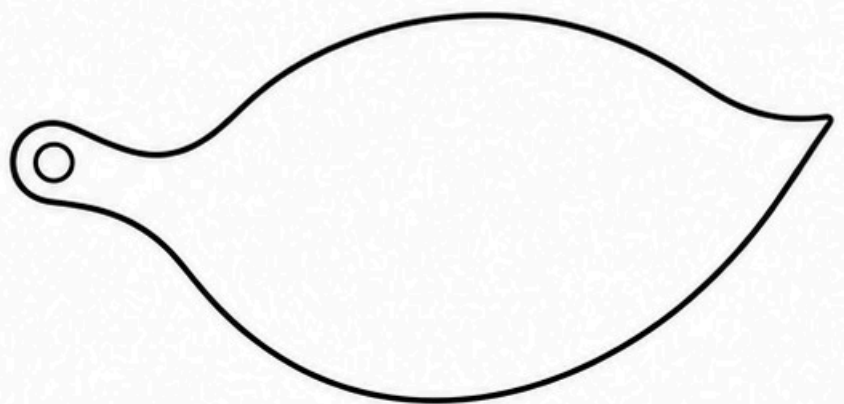
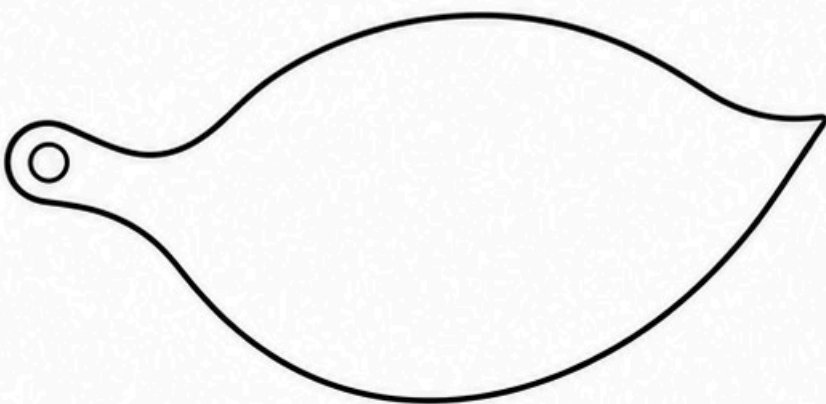
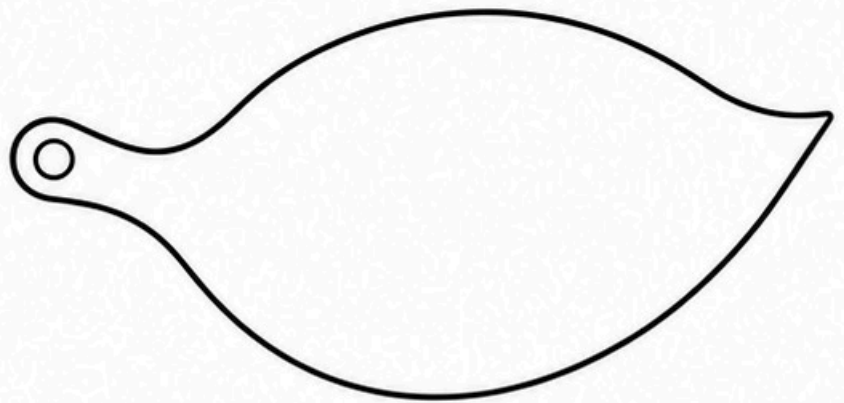
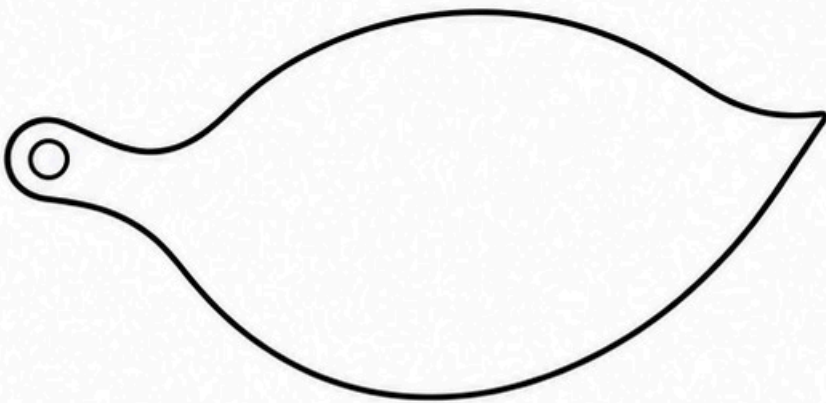
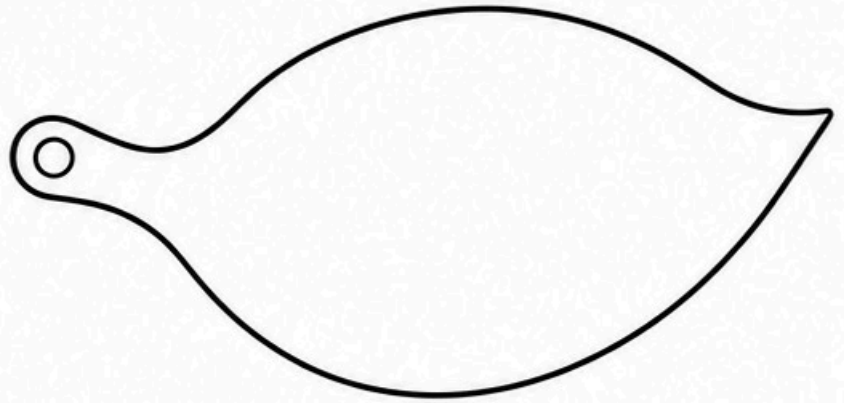
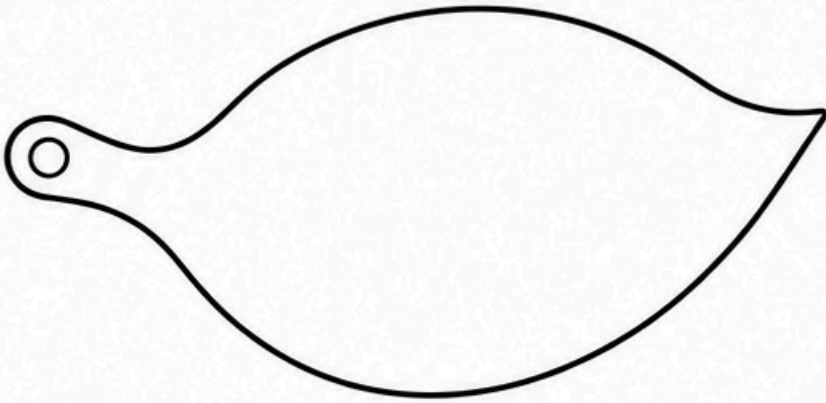
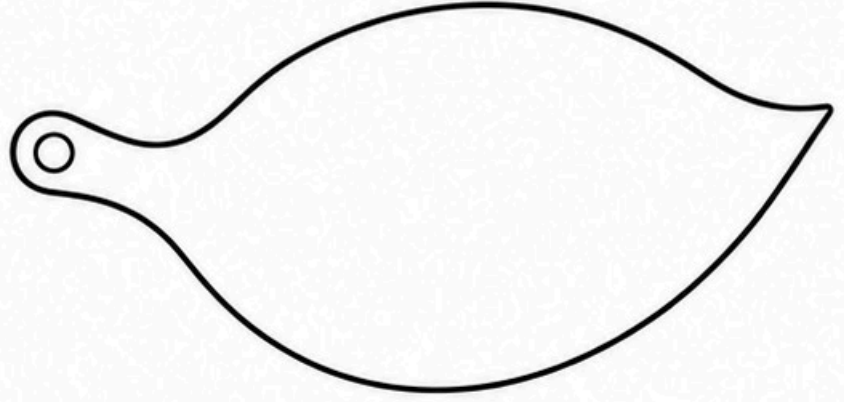
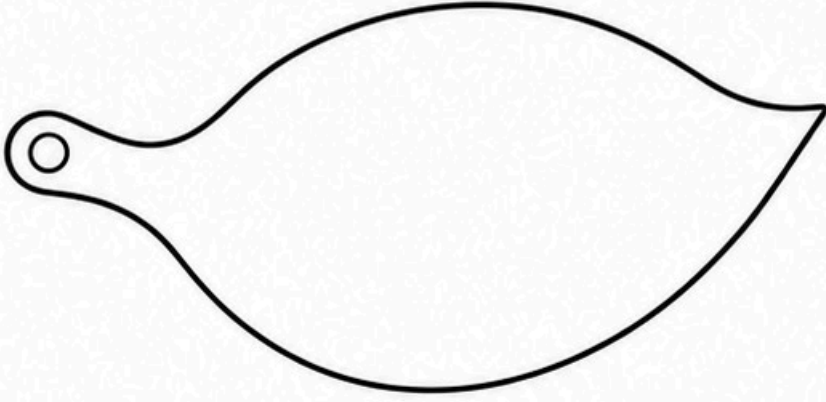
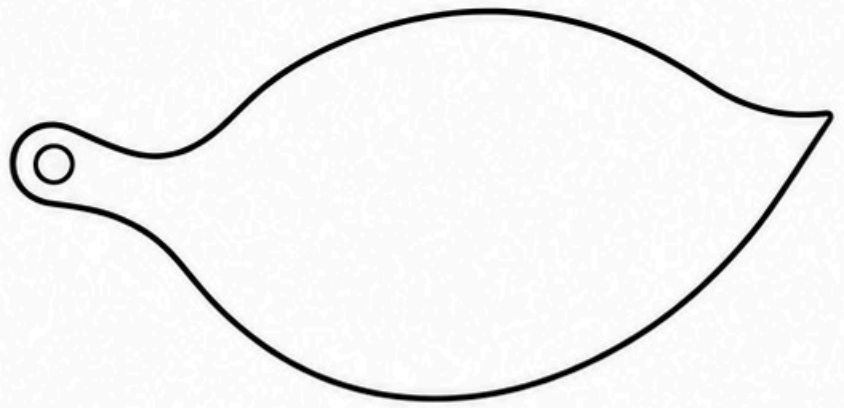
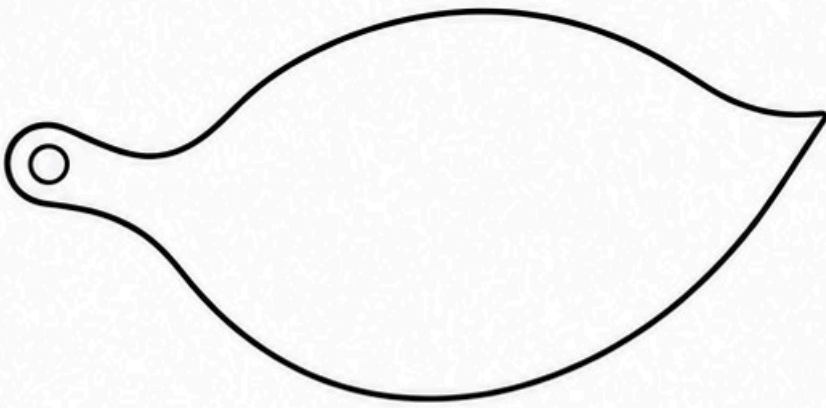


I'm grateful
for **love**
in my life

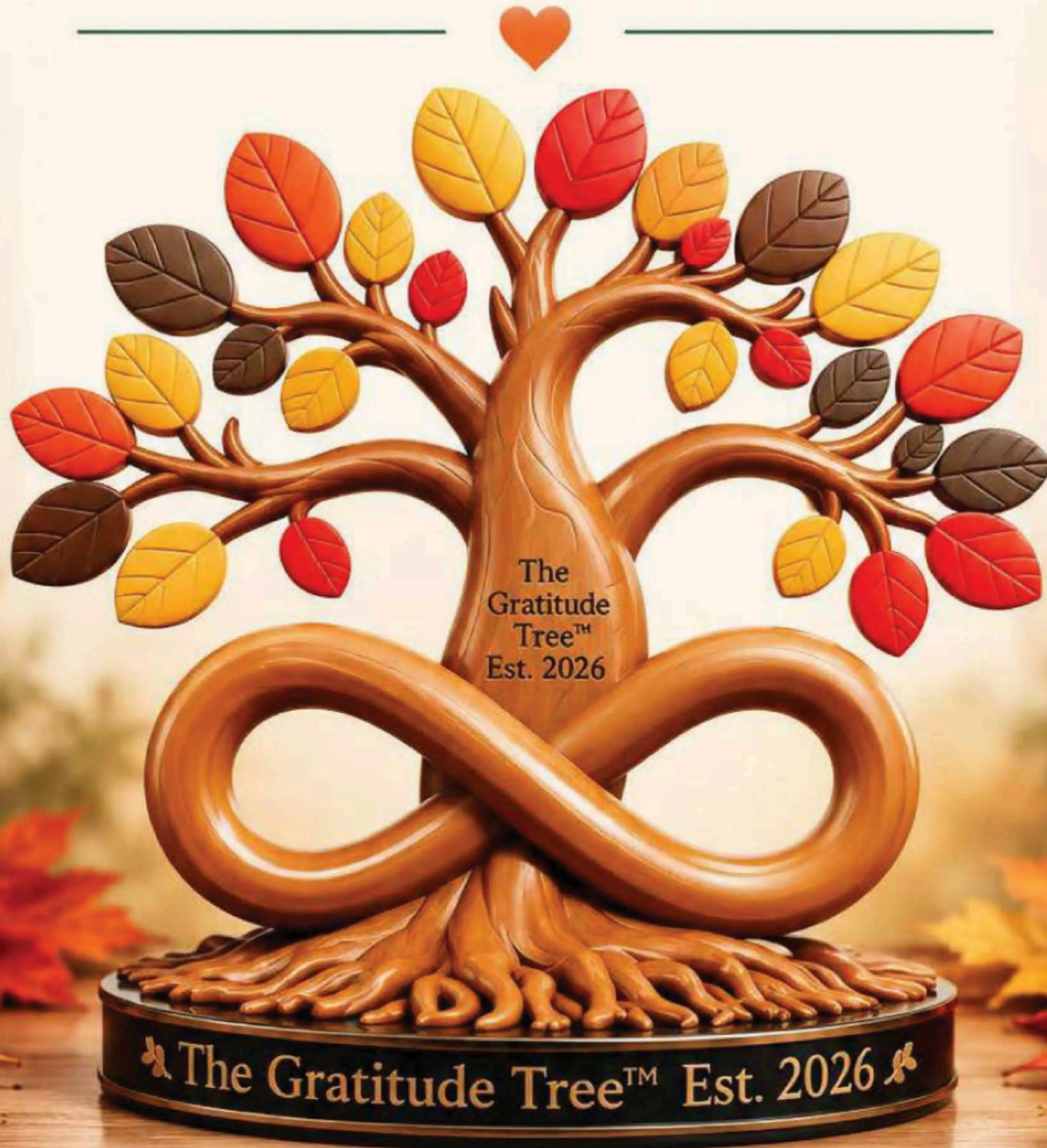


I'm grateful
for the chance
to make a
difference





THANK YOU FOR GROWING GRATITUDE!



**One leaf. One heart.
One world of difference.**



**THE
THANKSGIVING
SEASON™**

CONNECT
♥
APPRECIATE
♥
GIVE