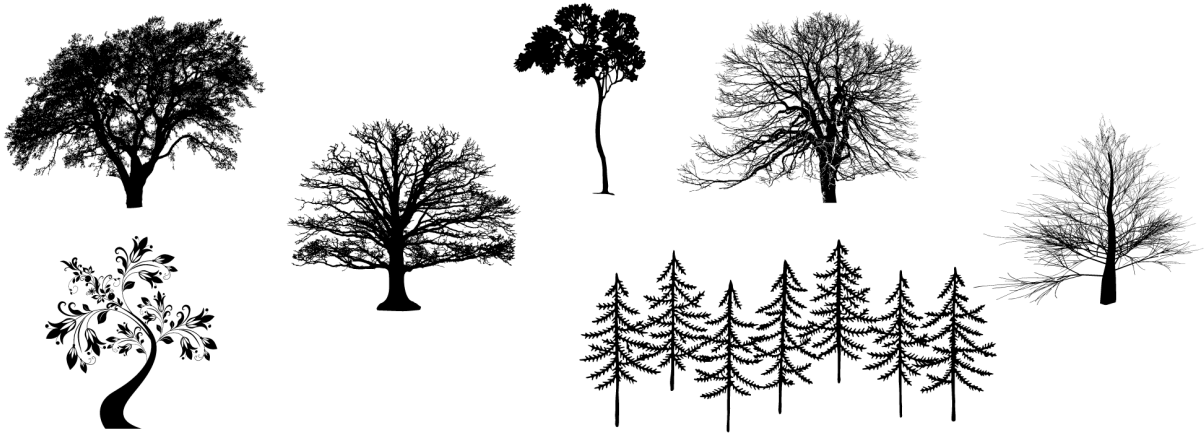


## Craft-spirations! Tree Selfie

### Materials:

- Paper – any paper works
- color pens/markers/crayons/pencils



*"The creation of a thousand forests is in one acorn."*

*- Ralph Waldo Emerson*

Trees are important to people – they literally make the oxygen that we breath. In the fall when leaves change colors and then fall to the ground, trees remind us that letting go can be beautiful.

Take a few minutes to visualize yourself as a tree – Are you palm tree? A great oak? A maple sapling? A pine tree with many pine cones? An apple tree?

Now draw a tree with roots, a trunk, branches, leaves, flowers, fruits, whatever it is that you imagined. Each tree is different and brings many gifts to this world.

When drawing the leaves, ask yourself:

- What do you want to let go of?
- What are you carrying that weighs you down?

You can add those answers to the leaves, if you choose.

When drawing the roots, ask yourself:

- What brings you strength?



- Who lifts you up?
- What talents do I have?

You can add those answers to the roots, if you choose.

*"The creation of a thousand forests is in one acorn."  
- Ralph Waldo Emerson*

*"Trees are poems the earth writes upon the sky."  
- Kahlil Gibran*

*"To really feel a forest canopy one must use different senses, and often the most useful one is  
the sense of imagination."  
— Joan Maloof*

Resources:

<https://www.momsoulsoothers.com/tree-quotes-that-branch-to-your-soul/>

<https://www.alexandralederman.com/blog/tree-of-strength-art-therapy-exercise>