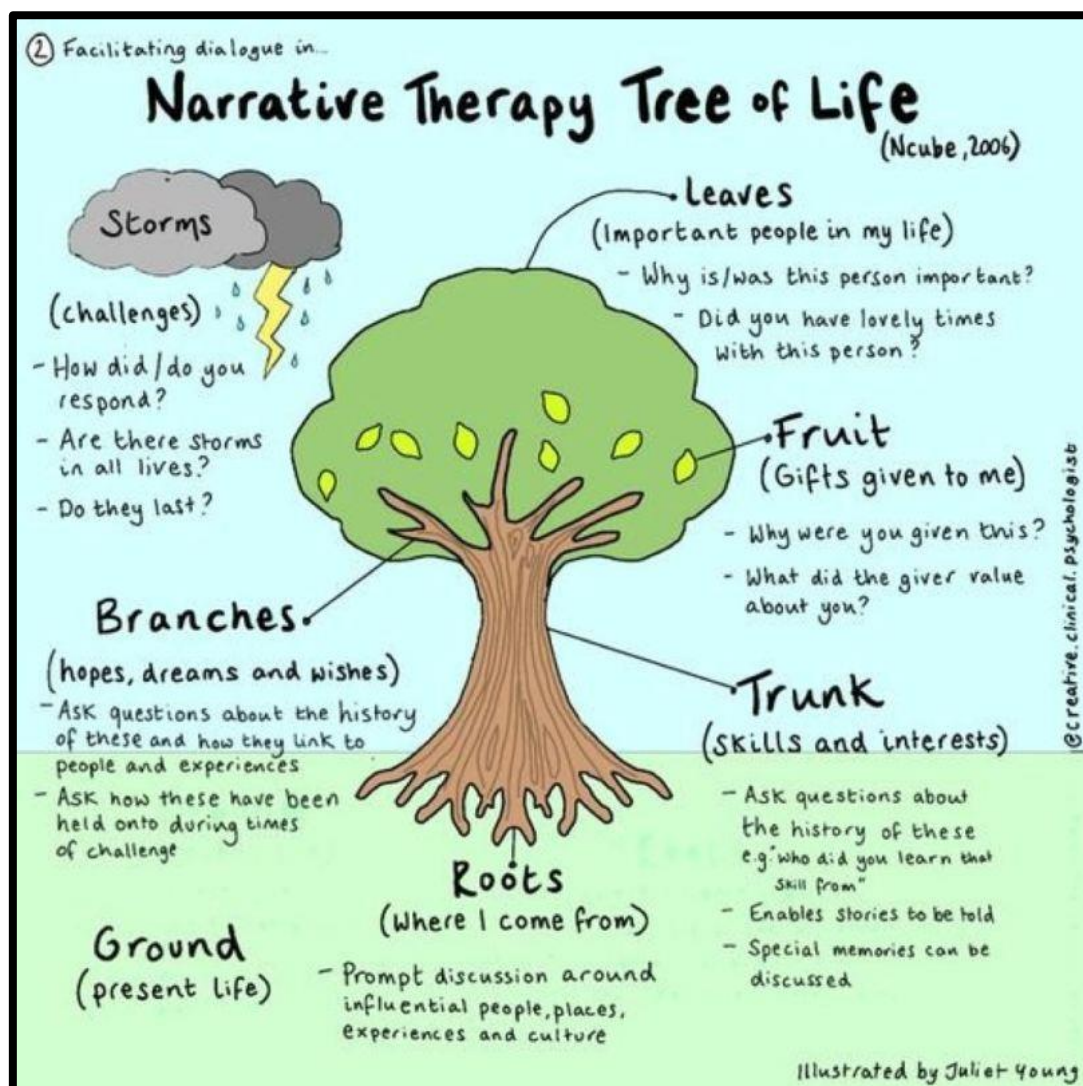


This activity is taken from narrative psychology practice and supports all the building blocks of self-esteem which Borba (1989) identifies.

In the trunk the learners write about their skills and abilities, where they feel a sense of competence. In the ground they write and draw about some of the activities they currently enjoy in and out of school. The roots represent where they come from, their family history and extended family, people who have had an influence on them and taught them things in their lives. They use the branches to outline their hopes and dreams for the future, the direction they want their lives to go in. On the leaves they identify the people in their life that they value and hold as precious. Finally, they draw a piece of fruit beside each person they identify by the leaves, and on each fruit they state what they have received from the person, e.g. being cared for or encouraged by them.



The tree of life activity can facilitate numerous conversations that are very helpful for Building self-esteem. You can do it on an individual basis or in a group/whole class. If doing it as a group/whole class activity it allows you to ask the learners to identify strengths that they see in their peers and they can then write these on others' trees using small post-it notes. It's a great way to build a positive classroom climate where learners get to know and appreciate one another more, as well as getting to know themselves better.