

TREE SELF DISCOVERY

Experiential education



individual

drawing



30 min



outdoors | nature

PURPOSE

SELF KNOWLEDGE

- connection with nature

MATERIALS

- white paper
- colors

PREPARATION

- forest part with nice trees and a comfortable path, not too dense vegetation

INTRO

In this activity you will work with past, present and future using the metaphor of a living tree.





STEPS

1. Go for a 20 min walk and find a tree in the forest that attracts you for some reason.
2. Explore and connect with the chosen tree: observe every single detail of this tree from roots to branches.
3. Go back home or on the spot and without looking at it, draw the tree from memory.
4. Do some self-exploration: imagine that the tree is the tree of life and try to find similarities between your past, present, future and the shape of the roots, ground, trunk and branches of the tree:
 - The **roots** represent the past: childhood memories, experiences, friends or relatives that shaped you as a person.
 - The **ground** represent things one generally does regularly.
 - The **trunk** represent skills and values.
 - The **branches** represent one's hopes, dreams and wishes.
5. Draw and write down the most important memories, skills, experiences, values and dreams you found in the self exploration related to the tree of life.



COMMENTS

REFLECTION

- What attracted you in this tree?
- Which memories, skills, experiences and values that you draw helped you to be resilient and prevent from burn out? How did they help you?

! ! ! TREE SELF DISCOVERY ! ! !

