



Activity: My Resource Tree

eluna

RESOURCE CENTER

Objective

This activity helps youth identify the strengths, support people, & coping skills that can help them navigate grief or addiction. As they create a tree that reflects their personal resources, youth gain a visual reminder that they have qualities within themselves, people who can support them, and strategies they can rely on in the midst of hardship.



Instructions

- Use watercolor paints to create a simple tree with a trunk, branches, and leaves.
- Allow each painting time to dry completely.
- In the leaves, encourage youth to write their personal strengths. Consider providing a strength list for inspiration.
- On the branches, they will write several of their favorite coping skills. Remember to encourage them to have activities that help them feel better and others that help process thoughts and feelings.
- In the trunk, youth will write the names of people who support and care about them. Encourage them to list individuals by name vs. "friends" and "family."
- Then invite youth to share their art and resources with the group.
- Note: Honor the "right to pass" while encouraging openness and participation.

Supplies

- Watercolor paper
- Watercolor paints
- Cups of water
- Paper towels
- Felt tip markers
- Plastic tablecloth for easy clean up

Consideration

Normalize that every tree will look different and encourage gentle exploration without pressure. If an area feels difficult to fill, invite youth to consider: *How could you help this part of your tree grow over time?*

Thank you, Kelly Petersohn, from Camp Erin Online for developing & sharing this activity!