



RAVE Thankful Tree Guide for Parents

Objective:

To foster a daily practice of gratitude in children by creating a visual representation of their thankfulness, encouraging them to RAVE about each person, place, or thing that brings joy to their lives.

Materials Needed:

- Large sheet of paper or poster board.
- Markers or colored pencils for drawing.
- Paper in various colors for the leaves.
- Glue or tape for attaching leaves.
- Pen or pencil for writing/drawing on the leaves.

Instructions:

1. Set the Foundation:

- Draw a tree trunk on your large sheet of paper or poster board. Make sure to leave plenty of space for the leaves that will be added.
- You can make it a fun activity by letting your child decorate the trunk or even draw additional things like birds, sun, etc.

2. Discuss the Concept of RAVE:

- **Recognize:** Talk about the importance of acknowledging the things we're thankful for.
- **Appreciate:** Explain the joy and contentment that comes from valuing what we have.
- **See the Value:** Help them understand that every small or big thing in our lives plays a unique role and has value.
- **Embrace:** Talk about the happiness and positive feelings that stem from expressing gratitude daily.

3. Daily Gratitude Exercise:

- Each day, encourage your child to think of a person, place, and thing they're grateful for. No repeats allowed to challenge their thinking and broaden their horizon of gratitude!
- They can write or draw these on separate paper leaves.

- Attach these leaves to the tree daily, watching it flourish with gratitude.
4. **Reflect on the Growing Tree:**
- At the end of a week or month, look at the tree together and discuss all the different leaves.
 - Prompt reflections by asking questions like, "Which leaf was the most special for you?" or "Did you find it hard on some days to think of something new?"

Tips:

- **Make it a Family Activity:** Everyone in the family can participate, adding their leaves of gratitude to the tree. This will make the tree grow faster and be a collective representation of family gratitude.
- **Location:** Place the tree in a common area where it's easily visible, serving as a daily reminder for the activity and the importance of gratitude.
- **Beyond the Tree:** Once the tree is filled or the activity comes to an end, consider starting a gratitude journal or another gratitude-based activity to continue the practice.

Creating a RAVE Thankful Tree is more than just a craft project; it's a visual journey of gratitude. As children add to it each day, they're not only practicing gratitude but also learning the richness and diversity of joys in their lives. This activity is a gentle reminder that there's always something to be thankful for.