



Activity 4.4

The Resilience Tree

Objective:

- Provide participants with a visual tool for considering and accessing assets. Identified assets can be used to assist participants during times of challenge and enhance successes.

Steps:

1. Pass out the *Resilience Tree* handout and have participants draw their own tree after explaining the following:

Roots: Roots are your foundation, representative of the present and influenced by your past. Consider the risk and protective factors that are present in your life currently and when you were younger. These may include external risk and protective factors such as neighborhood, family support and communication, faith, expectations, other adult relationships, and environmental factors. Consider your current physical and mental health, the health of family, family dynamics, faith, expectations, hobbies, your home, etc. These risk and protective factors often represent situations that have shaped our identity, highlight ways in which we have bounced back and moved forward after adversity, and are important considerations for self-awareness.

Trunk: The trunk of the tree represents your belief system, the personal “code” by which you live. This may be a phrase, a set of values or beliefs, faith, or spirituality that you rely on for support and guidance. Values, faith, etc. are strengths that can increase feelings of autonomy, self-efficacy, safety, and security.

Branches: Branches signify your support system/your team. Consider who your strong supporters are, the people providing you with support and care and those you care and support. Your support system may be a combination of people inside and outside your home. You are invited to create many branches. Strong social support is a protective factor for overcoming adversity and increases overall well-being.

Leaves: Leaves represent your strengths, your skills, and assets. Your leaves are skills and talents and internal assets such as humor, positive decision making, sense of purpose, hopefulness, and kindness. Assets are often positive coping techniques or strategies for navigating life. Utilizing assets that have worked in the past may be effective when applied to new situations and challenges.

Fruit: Fruit on your resilience tree signifies the things that bring you joy. Your fruit might be small pleasures and fun things you might be curious to try, in addition to other sources of joy.

RESILIENCE ACTIVITIES



Practicing gratitude and identifying things that create pleasure may enhance and increase resilience.

Flowers: Flowers represent hopes and dreams for the future. Your flowers may be goals, wishes, aspirations, or something to which you are looking forward. Identifying positive conditions for the future may increase the ability to cope with and grow through adversity.

2. Discuss:

- What did you learn about yourself?
- How would you use this in the future when you face adversity?
- How would you use with your students?

NOTE:

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HANDOUT Activity 4.4
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