

# Handprint Trees - Gratitude Craft

This activity is great to do with younger learners to start them thinking about what gratitude means to them. It could be useful to explain the concept of gratitude/gratefulness in child-friendly terms - an example of this is:

Did you know that when you are thankful for something, it can make us feel happier? Gratitude is when we show thanks for things in our life. You could be thankful for something someone does for you, like playing with you at lunchtime, giving you a gift, showing love and kindness, or for things we get to do, like go on a holiday.



This craft is a fun way to get students actively thinking about what they are grateful for. They'll love getting a bit messy and it should be a fun way to create some beautiful art that is meaningful to them.

This activity may need some extra help when painting students' arms and hands, so it could be nice to bring in some whānau to help or buddy up with a senior class.

## You will need:

- Brown paint
- Green paint
- A3 paper
- Glue
- Cut out letters or alphabet stamps.

## Instructions:

1. Paint students' forearms with brown paint (elbow to wrist). Print this into the centre of the page, then students can wash off the excess paint on their arm.
2. Paint students' palms and fingers with green paint. Print as many handprints as you want - three to five is a good number to not look too overcrowded on the page. Students can then wash their hands.
3. While the paintings are drying, have students talk to a buddy about what they are grateful for and perhaps write down or draw what they are grateful for. You could prompt this with "I am grateful for...". Aim to get them down to one-word answers (this could be prompted with "what is the most important word in that sentence?") so that when they glue down the letters it's clear what the words are.
4. Once the paintings are dry, have students glue down the words from their gratitude list, trying to get them on the outstretched fingers as though the words are growing on the tree.
5. Display the gratitude trees proudly in your classroom.

