



connectquest.ca

Tree of Connection

Activity Sheet



Just like a tree, we grow stronger when we have strong roots, a solid centre, and space to grow. This activity helps you identify key connections you have in different areas of your life.

You'll also explore how they keep you grounded, growing, and supported through change and challenging times.

Instructions

1. Draw an outline of a tree with roots, a trunk, branches, and leaves, or use the outline included below. Leave enough space inside the tree for words or drawings.
2. Read through the facts below about the different parts of the tree. Follow the prompts to add your own words, drawing, or art inside each part of the tree. Keep going until you've filled in the entire tree with your connections.

Parts of a Connection tree

- 1 The roots: The roots are the foundation of the tree. They provide nourishment and strength, even during storms. In our lives, we have connections with people, places, culture, faith and traditions. They are our roots and keep us grounded when challenges come up.
 - a. Think about the connections you have or you want to grow that help you get through tough times. Draw or write them in the roots of the tree.
- 2 The trunk: The trunk is the core of the tree. At our core, we have our identity, our strengths, our qualities and more that make us who we are.
 - a. Think about the connections you have with yourself, and what you know about your identity. Draw or write them in the trunk of the tree.
- 3 The branches and leaves: The branches and leaves reach out and give back to the trunk and the roots. For us, our "connection branches" are when we reach out or try new things. It could also be when we change through things like being on a team, learning a new skill, or spending time with friends.
 - a. Think about the connections you have that help you grow, change, and build strong connections. Draw or write them in the branches or leaves of the tree.



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

Connect Quest is all about building strong connections with yourself, others, and the world around you. When you feel connected, it's easier to make mindful choices about substances and device use.



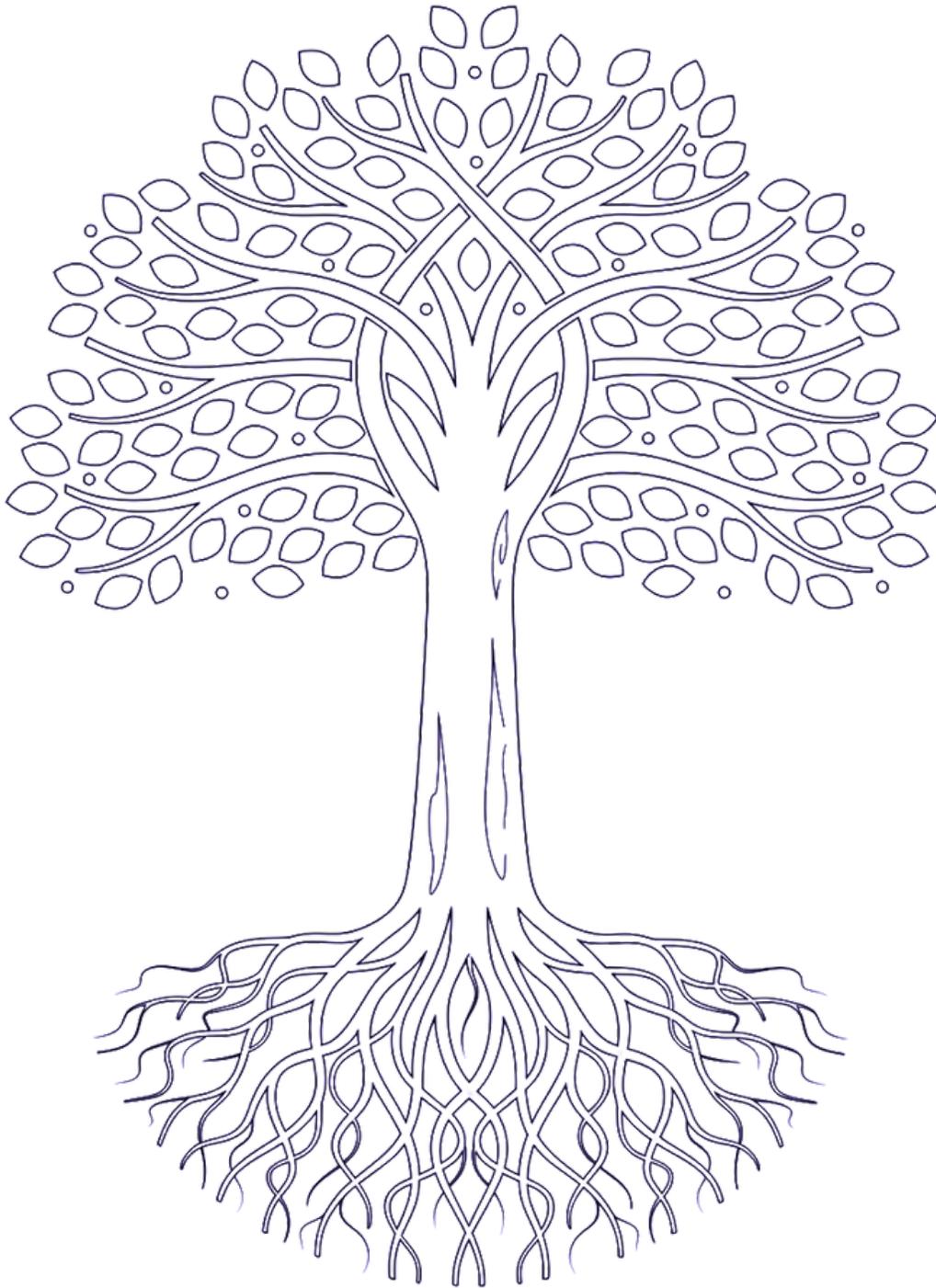
connectquest.ca

Tree of Connection

Activity Sheet



Connection tree



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

Connect Quest is all about building strong connections with yourself, others, and the world around you. When you feel connected, it's easier to make mindful choices about substances and device use.