

## Tree of life

A tree stands solid on the ground. The roots are connected with the soil which natures it. This part is well protected and not easily spotted and takes up a big part of the tree. The trunk lets the energy and nutrients go where ever it is needed and wanted. The trunk is the symbol of strength. Whereas the crown shows the lifelines, shows the humming of bees and singing of birds. The treetop is the part where the results and the fruits can be harvested. The tree of life can stand for me as a person.

The approach of this tool is to:

- Find a connection with the youth which goes beyond the usual way of talking and verbalising the matters concerning the youth
- Use the metaphor of the tree to explore the **roots** of a person and to discover what holds him/her, what carries Him/her.
  - Who could give the youth strength?
  - Where does he/she feel familiar with?
- Explore what is happening at the moment. The **trunks** stand for the thought of what is nurturing the person. What is relevant to her/his life at the moment? What do I like and against what do I protect myself?
- Picture with the **crown** what the person would love to harvest during life and how to the bosom. The treetop stand for the future and where he/she wants to be.

Ca. 60 min (or ca. 180 min if you use magazines, scissors and glue)

Material: large piece of paper, crayons, (maybe old magazines, scissors and glue).

### Definition

- **The tree of life will be drawn on a large sheet of paper.**
- **Please draw the roots, the trunk and the crown.**
- **After doing this, add the thoughts you have towards it...**

The aim of the analyses is:

- **To explore what do I like to become it is necessary to know what makes me the person I am.**
- **The Tree of life lets the youth play in the creative way with topics of themself.**
- **It is possible to write down and draw what is important, what crosses the mind in describing me. Or the youth could even cut out pictures out of magazines, which are related to their life and stick them on the tree.**
- **It helps both, the youth and the coach to picture the person in an unusual way and opens ways of being creative in the way to think of the inner self and what to become.**

