

I am Strong Like A Tree

Big Life Journal

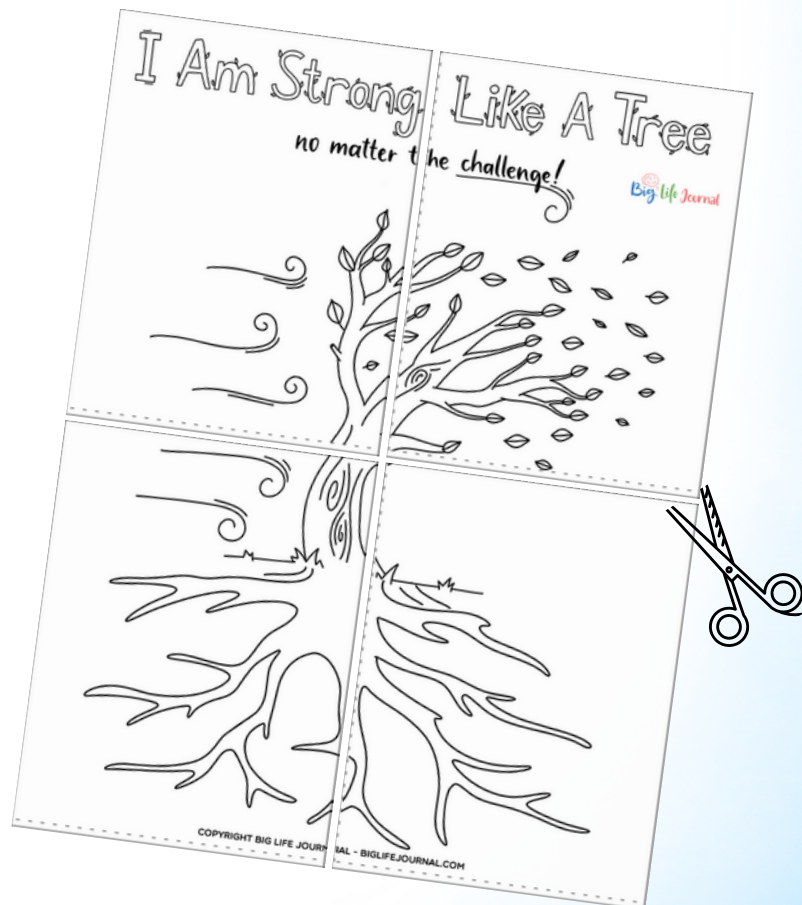
Make your own 4 - page poster!

Have you seen trees swaying in high wind? Despite the wind, they keep standing tall and strong because their roots are deep.

You can think of your life as a tree! The loving adults, teachers, friends, your thoughts and values are roots which keep you standing strong. Challenges you face are like the wind. You can stand strong and tall despite the challenges because of your deep roots!

HOW TO MAKE YOUR TREE POSTER

- 1 Print out the 4 pages of the poster. Cut along the dotted lines (cut on the inside line so the black dotted line does not show).
- 2 Line up the edges and tape the front and/or back of the poster.
- 3 Next to the roots, draw or write people, things, animals, thoughts, and values that make you feel loved and supported.
- 4 On the wind lines, draw or write challenges that you are facing.



I Am Strong

no matter t



Like A Tree

the challenge!

Big Life Journal





