

Lesson Two – Tree of Life (PSHE)

LO: To explore our stories, our history and our legacy

Main Body	Activities	Resources	Plenary (Learning)
<p>To prepare for the class, the teacher will stick up or draw a huge tree at the front of the class with roots, a trunk and branches.</p> <p>The class teacher will introduce the idea of the Tree of Life.</p> <p>The Tree of Life is a tree that represents parts of our lives.</p> <p>It allows students to talk about themselves, their past and their future with a degree of separation.</p> <p>The students then each get some different coloured sticky notes or small pieces of paper which represent different parts of themselves which they will attach to different parts of the tree.</p> <p>Be sure to make the students aware people will be able to read the things they stick up on the tree.</p> <p>The class teacher will then speak to the class about time capsules.</p> <p>A time capsule is something that holds memories, whether physical things like photos, letters, toys or newspapers or things that we think of like stories, dreams, memories. It's typically hidden away for your future self or someone of your choosing to open. This is perfect as a gift to your future self.</p>	<p>Activity 1</p> <p>Students write words, phrases, or draw pictures in response to each part of the tree. They then stick them on the tree in the parts they correspond to.</p> <p>The Roots are what makes us strong.</p> <ul style="list-style-type: none"> • People (fictional or real) • Hobbies • Our favourite places • Books <p>The Trunk is who we are.</p> <ul style="list-style-type: none"> • Values • Purpose • What we are good at • Our personality <p>The Branches are our future.</p> <ul style="list-style-type: none"> • Our hopes and dreams • What we want our future to be like <p>The Leaves are people who are important to us.</p> <ul style="list-style-type: none"> • Fictional or real • People we have met • People we haven't met • Children or adults • Pets <p>The Fruit are what we want to leave behind</p> <ul style="list-style-type: none"> • Our legacy • How we want people to remember us at the end of each day • How we want people to remember us from our past 	<p>Use 5a in the accompanying pack.</p> <p>Other possible resources to support: pens, paper, colour pencils, pencils, strings or ribbon.</p> <p>SEN/EAL Support: Paired discussion. The parts of the tree can include pictures and first language.</p> <p>Use definitions of words below.</p> <ul style="list-style-type: none"> • Values - someone's judgement of what is important in life, eg. honesty, kindness, hope, patience. • Purpose - someone's sense of motivation, eg. to play for the school team, to go to university, to be kind to people, to read my next book. • Legacy - something you would like to leave behind for the world, eg. a funny joke I made up, a club I set up that continues, art I made is put up on the wall. 	<p>How our past, present and future supports us and influences us.</p> <p>Listening and learning about other people's past, present and future.</p> <p>Collaborative Work Self Analysis. Listening. Presentation and Performance. Literacy.</p>

Lesson Two – Tree of Life (PSHE) *Continued*

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Main Body <i>Continued</i>	Activities	Resources	Plenary (Learning)
<p>The students then get their own tree which won't be shown to anyone and can put some of the things they put on the class tree.</p> <p>On their own tree they will include a sun or clouds above the tree.</p> <p>They can decorate this tree however they want and include anything they want.</p> <p>Once they have filled in their tree including their clouds or sun then will roll their tree up and put a ribbon or piece of string around it to hold it in place.</p> <p>They can then use this tree as a time capsule. They can take it home and put it in a drawer somewhere and then look at it again in 10 years' time and see which parts of themselves have changed and which have stayed the same. They can also look at their Creative Encouragement and see if they need to remind themselves of it. They can also show the people they live with at home to spark conversations about past, present and future.</p>	<ul style="list-style-type: none"> • What effect we want to have on the world. <p>Once every student has put their notes on the tree, ask some or all the students to talk about one or more of the things they put on the tree.</p> <p>Activity 2</p> <p>Students will then get their own piece of paper, either plain so that they can draw their own tree, or with the outline of a tree already on it. On the tree they will then write some of the things they put on the class tree. They will also fill in the Creative Encouragement parts above the tree in the clouds or the sun.</p> <p>The Sun or Clouds are Creative Encouragement</p> <ul style="list-style-type: none"> • If you could talk to your future self, what would you tell them • Remind your future self of things you love to do now and to remind them to keep doing it. • Eg. sing in the kitchen • Eg. keep painting • Eg. play lots of football. <p>They will then roll it up and tie a string about it.</p>		

5a Tree of Life Resource

