



## Activity 10

### Spiritual Development:

## Tree of Happiness

### To express happiness through art.

**You will need** – Sticks and twigs, string, paper, pens, pencils, felt tip pens, glue, glitter, string, pictures of friends and family, a picture of yourself, objects that are important to you, beads, craft leaves, ribbon and any other craft material.

**Activity** – First you need to collect some sticks and twigs - you will need approximately 12. Arrange the sticks so that they form a triangle. You may need to cut the sticks to the required length. Tie the sticks together up each side, making a loop at the top to hang your tree. Now the fun part! Use all the things you have brought to decorate your tree of happiness. As you glue pictures of your family and friends think for a minute why and how they bring happiness into your life. As you other objects take the time to chosen them, the colours, texture you feel. Attach a photograph of Hang your tree and sit back and



attach beads, glitter and think why you have etc., and how that makes yourself at the very top. be happy!

