



Activity 23

Spiritual Development:

Worry Tree

To confront our worries and release them.

You will need - Artificial tree (you could use a small Christmas tree), paper, you can make your own shapes to hang or use the template on the resource CD, scissors, ribbon or thread, pens and pencils.

Activity - This activity looks at what worries you and symbolically releases your worries if you ask God for help in overcoming them. First of all prepare some paper shapes - we used circles with 'hang up your worries and leave them behind' on one side and blank on the reverse. You can play some reflective music to help people to think and relax. Take some time to sit and reflect on things that may be causing you to worry. Take a paper shape and write on the back something you are worried about and then allow yourself to let that worry go by hanging it on the tree. You can hang as many worries on the tree as you feel you want to.

Hang up your
worries and
leave them
behind.

