

The People Tree

@YOUTHCYMRU_REACHOUT



ON THE PICTURE, CHOOSE WHICH CHARACTER BEST DESCRIBES YOU AT THE MOMENT.

OR

WHICH CHARACTER BEST DESCRIBED YOU BEFORE THE PROJECT AND WHICH BEST DESCRIBES YOU NOW AFTER THE PROJECT?

PLEASE FEEL FREE TO COLOUR IN YOUR CHARACTERS!!

WHICH OF THE PEOPLE ON THE TREE DID YOU CHOOSE (YOU CAN HAVE MORE THAN ONE)?

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WHICH OF THE PEOPLE ON THE TREE DID YOU CHOOSE (YOU CAN HAVE MORE THAN ONE!)?

Blank space for writing a response to the first question.

WHICH OF THE PEOPLE ON THE TREE DID YOU CHOOSE (YOU CAN HAVE MORE THAN ONE!)?

Blank space for writing a response to the second question.

WHICH OF THE PEOPLE ON THE TREE DID YOU CHOOSE (YOU CAN HAVE MORE THAN ONE!)?

Blank space for writing a response to the third question.

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Adapted from: The Blob Tree Tool



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Success



Helping others up



Feeling loved



Helping others
over an obstacle



A part of a
friendships /
family



Falling but feeling
supported



Supporting
each other
through any
situation

wanting to support others



I need a break



Climbing up

Falling but want support



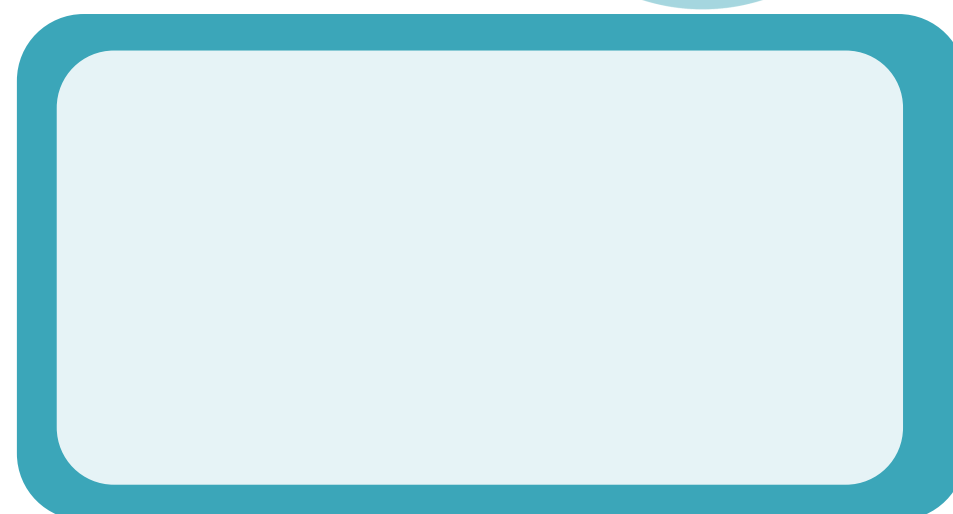
I have switched off



Growing with
others



Worried about
things



This list of actions / emotions are examples of how someone may feel, however, young people can change the meaning by writing next to the symbol or create their own at the bottom.