



# PLANTING A GRATITUDE TREE

The midrash in Kohelet Rabbah teaches: ***"When God created the first man, God took him and showed him all the trees of the Garden of Eden and said to him, 'See my works, how beautiful and praiseworthy they are. And everything that I created, I created it for you. Be careful not to spoil or destroy my world – for if you do, there will be nobody after you to repair it."*** Trees, in this text, are the tool used to teach the first human beings to feel gratitude for the world around them.



עלים  
LEAVES

How can we show or  
express our gratitude?

גזע  
TRUNK

What things in our lives  
do we feel grateful for?

שורשים  
ROOTS

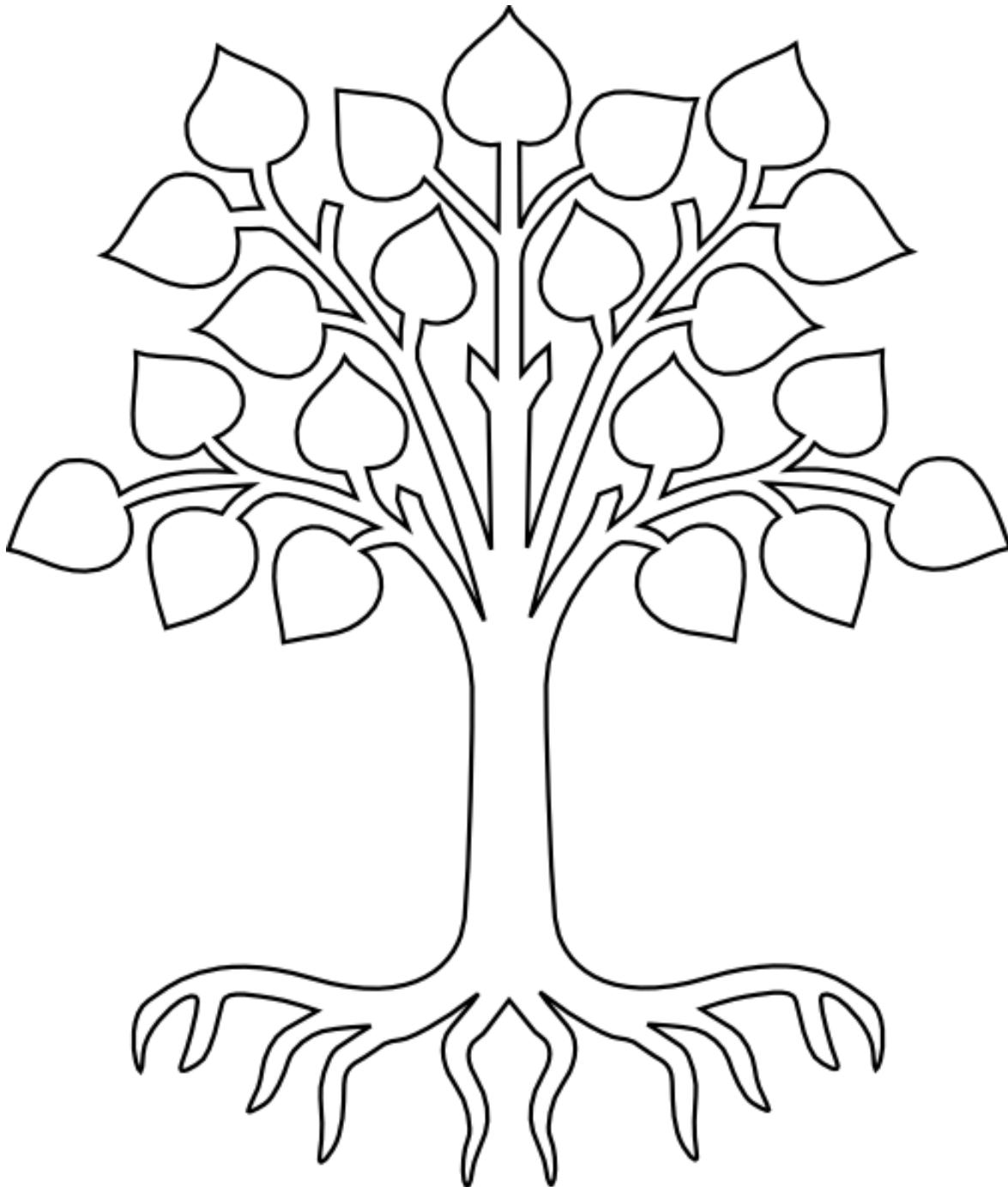
What values or feelings  
help us feel gratitude?

## KEEP THINKING...

There are many situations for which we can be grateful. Sometimes we face one that seems hard or even impossible to navigate. Can you remember an experience that was difficult but for which you feel thankful? Write them down on the leaves on the next page to make your gratitude tree!



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'S GRATITUDE TREE  
עץ הפקחת הטוב של