



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.



עֲלִים LEAVES

How can we show or express our gratitude?

גִּזַּע TRUNK

What things in our lives do we feel grateful for?

שׁוֹרְשִׁים ROOTS

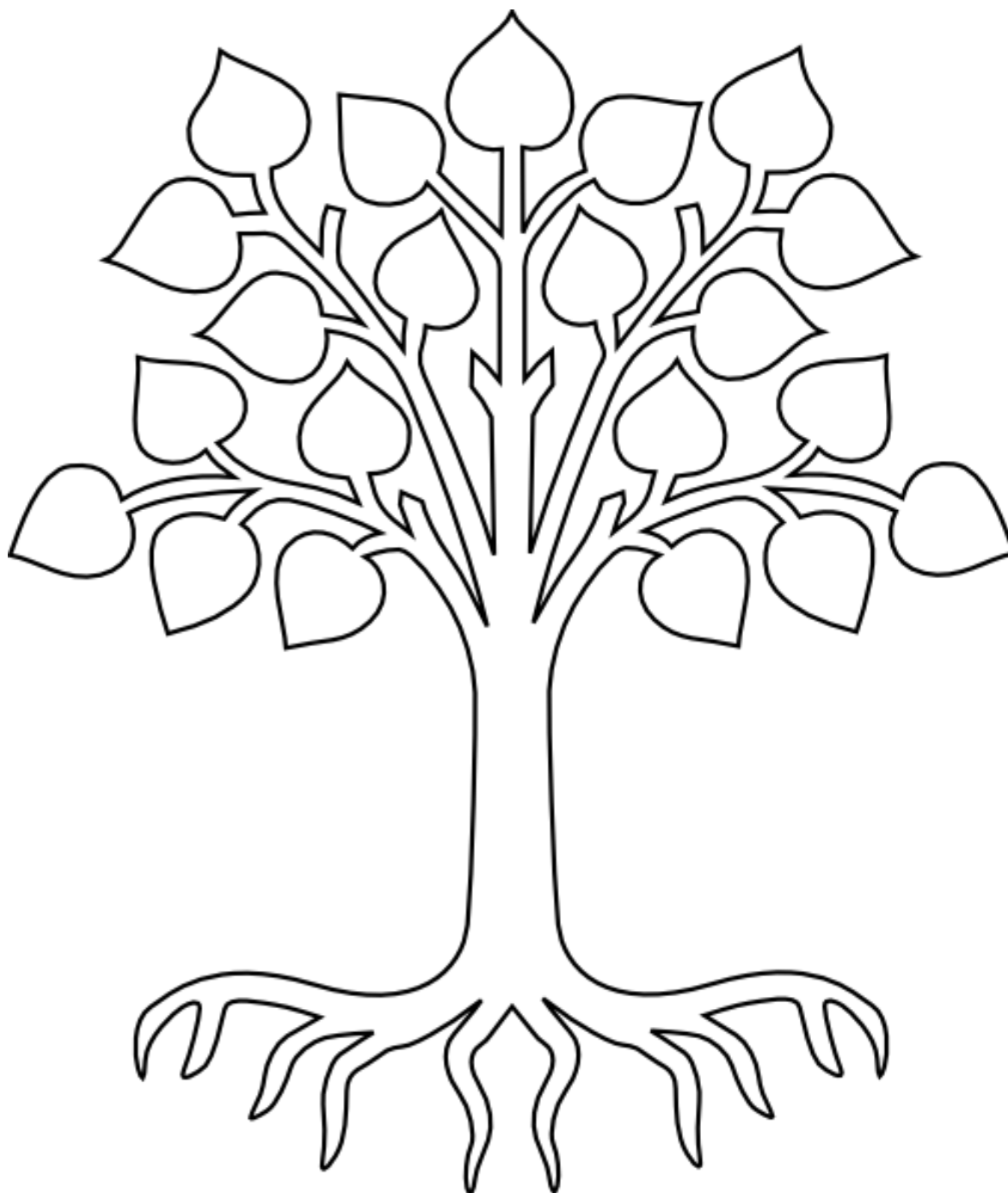
What values or feelings help us feel gratitude?

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? Make your gratitude tree on the next page!



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_____ 'S GRATITUDE TREE

_____ עץ הכרת הטוב של