

Tree of Life Art Project

Photos and more for this at

http://www.storytimeyoga.com/lotus/issues/lotus_2006_spring.htm

Create a Tree of Life art project to help kids express themselves and create self-awareness.

Materials needed:

Digital camera or large photographs of your child. Photo paper, Poster board, thick paper, or thin cardboard for backing, Scissors, Tape, Glue sticks, Construction or colored paper, Colored markers, crayons, White paper, String

Photograph your child doing a tree pose, *vrksasana*, or in mountain pose, *tadasana*, with child's arms stretched in the air like branches.

Print the photo out on photo paper at about 8x10 size and roughly cut around the shape of your child.

Glue this to a thick piece of poster board, other thick paper backing or thin cardboard.

Cut out the photo on the thick backing along the edges of the child's body and shape. It's ok to leave small pieces not cut out.

Create a stand for the tree by making three rectangular strips of poster board or cardboard. See figure below.

Cut long vertical slits in the center of two of the rectangular strips (A and B). Cut a long vertical slit at both bottom ends of the third rectangle (C). Assemble by sliding the slits in rectangle C into the slits on A and B.

Cut a slit vertically from the bottom up to the feet and legs of the child's body. Slip this over the center of the center vertical strip of the stand. You may need to use tape to keep the pieces in place and work with the stand a bit to make it stand alone. See example below for finished stand.

Have your child think of things in his or her daily life, such as important people, friends, teachers, family members, pets, hobbies, and aspects of nature in daily life, such as the sun, moon, stars, plants and trees, etc.

Have them draw small symbols for those people or objects on the colored construction paper. Have child cut out the objects and then paste them onto their bodies. Trees and plants can go at the bottom, if desired, and working the way up to the arms with heavenly objects, if desired. There is no right or wrong way to put objects on the tree.

After finishing the tree, take a long, thin strip of regular white paper about one inch wide and have child write a list of descriptive words about him or herself. Younger children can dictate to you as you write adjectives, or they can simply name objects that they like.

Then have child write or dictate a wish for themselves, another, or the world.

Have the child think about the wish as they gently roll up the paper into a scroll.

Tie a piece of string around the scroll, and then create a loop with the remaining string.

Have child drape the string and wish scroll around the tree anywhere they like.