

# COLOURING HIGH-AND-LOW TREES

## Instruction Card

**Aim:** To teach children to set aside a few minutes at bedtime every night to reflect on their day.

When sport teams get together to watch recordings of their last game, they relive the emotional ups-and-downs of the experience and bond as a team. But, more importantly, a good coach uses these situations to encourage individual players to reflect on what they did and how they felt during the game, so that they can get to know themselves better and start looking forward to the next game.

*\*If your child asks what it means to "reflect", you can explain that something that reflects comes back to you. If you look in a mirror, you will see your reflected image. And, when you reflect on your past experiences, you look at them once again, thoughtfully.\**

**We have designed a free printable set of 4 colouring pictures for you.**

- Each of the trees represents one week, and each tree has seven pairs of leaves that symbolize the highs and lows of each day that week. The easiest way to get a child to look back on their day with some reflective intent is by asking them two very basic questions: **"What was your favourite thing today?"** and **"What was your least favourite thing?"**.
- "Everything" is not a good answer. They need to pick something.

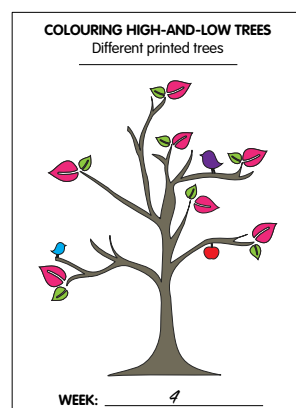
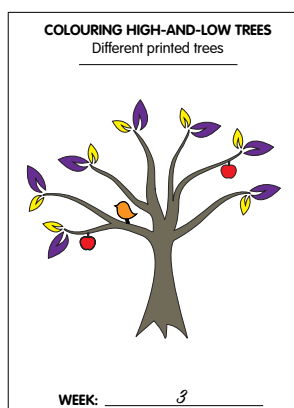
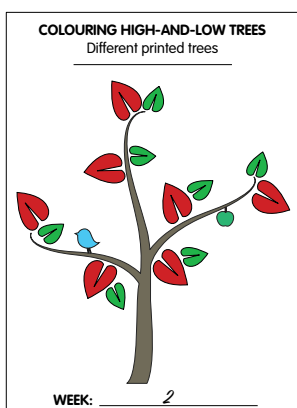
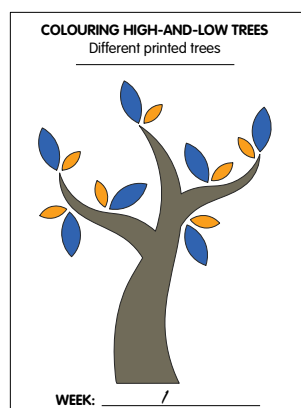
### What you will need:

- 4 different printed trees that represent each week of the month. *Trees can be found at the end of the instruction card.*
- 2 contrasting colours for each week (e.g. week 1 tree - Blue and orange, week 2 tree - Green and Red etc.) (colouring pencils or crayons)
- Quality time with your child in the evening before bed.

### To do the task:

- **Print your 4 different trees for each week.** (Allow your child to choose which tree they would like to colour first and write which week it is at the bottom)
- **Ask your child to reflect on their day by asking the two basic questions: "What was your favourite thing today?" and "What was your least favourite thing?"**. (Encourage your child to find something in their day.)
- **After answering the two questions, your child can choose one set of two leaves on the tree that they are working on that week, and colour those two leaves in two contrasting colours.** (After reflection, your child is now able to colour one set of leaves and by doing so they are symbolizing that: "This day has had its ups and downs and I have paid attention. I am now ready to go to bed and sleep so that I can transition into a new day.")
- **Spending time on reflection is an investment in your relationship with your child.** (With practice, children get better at recognizing and expressing their preferences, feelings and values. And, with increased conversation, parents and children get to know each other better. \*More benefits of doing this activity include fostering a sense of gratitude and building language, communication and problem-solving skills.)

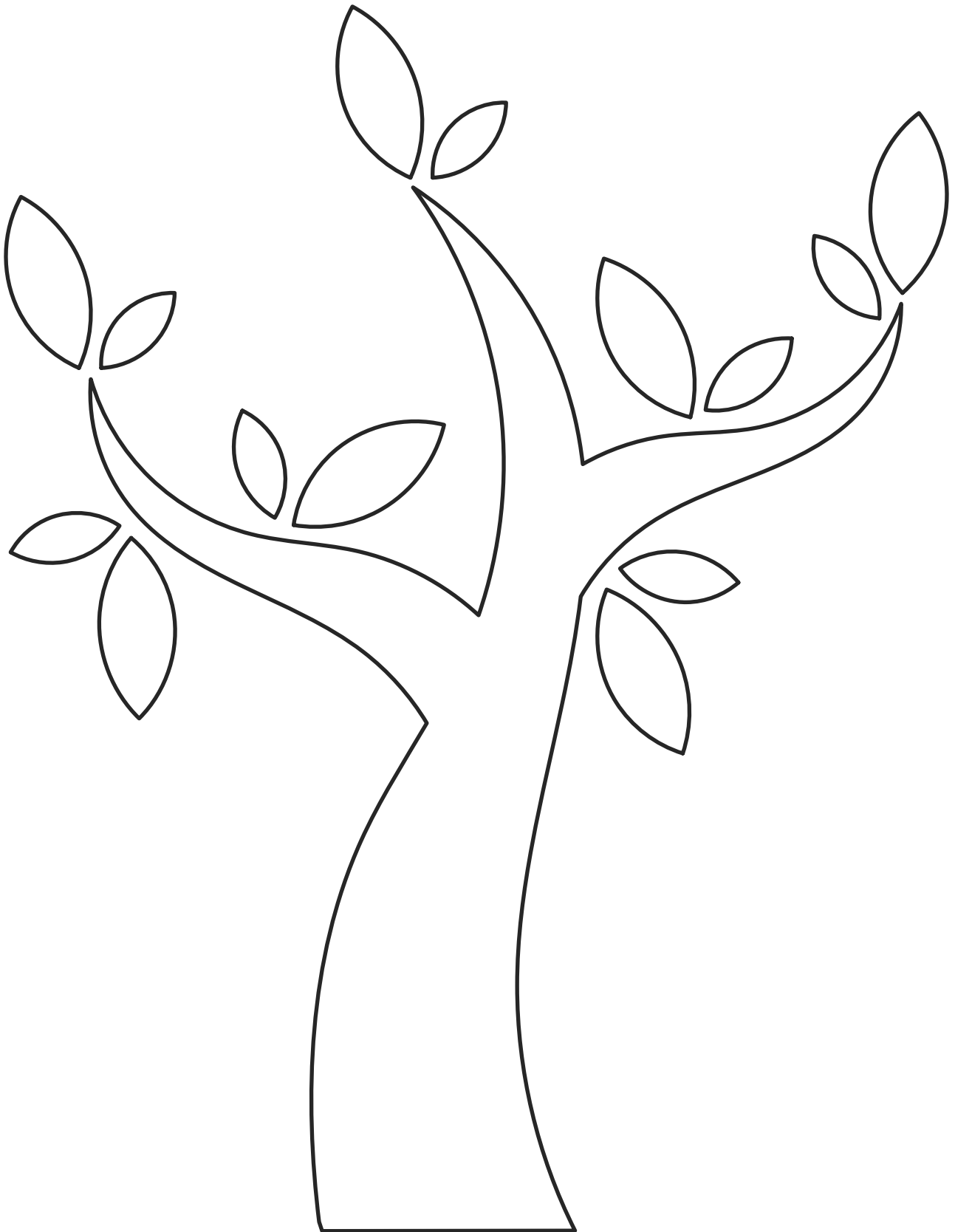
**Example of what the task could look like at the end of the month:**



# COLOURING HIGH-AND-LOW TREES

Different printed trees

---

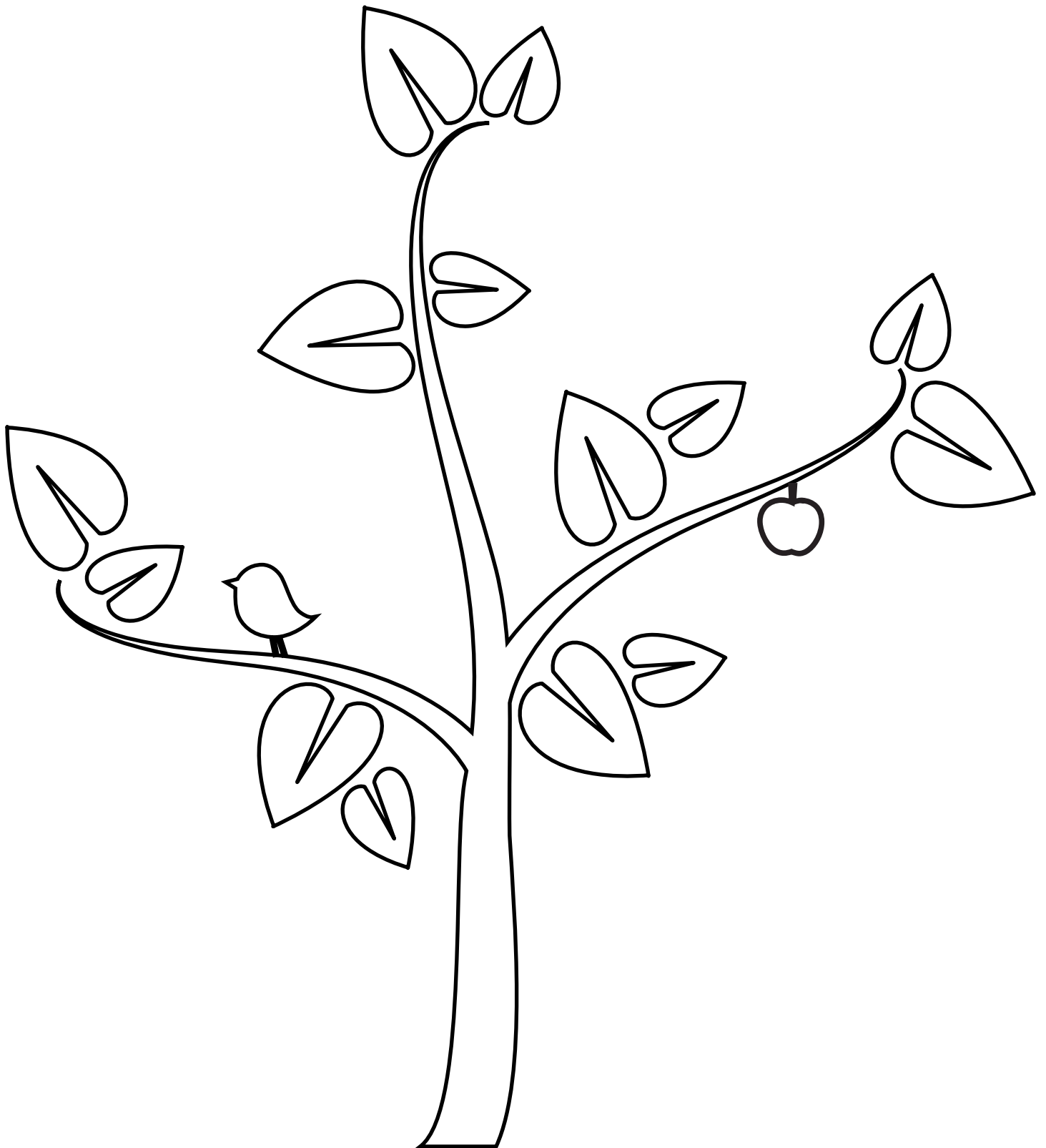


**WEEK:** \_\_\_\_\_

# COLOURING HIGH-AND-LOW TREES

Different printed trees

---

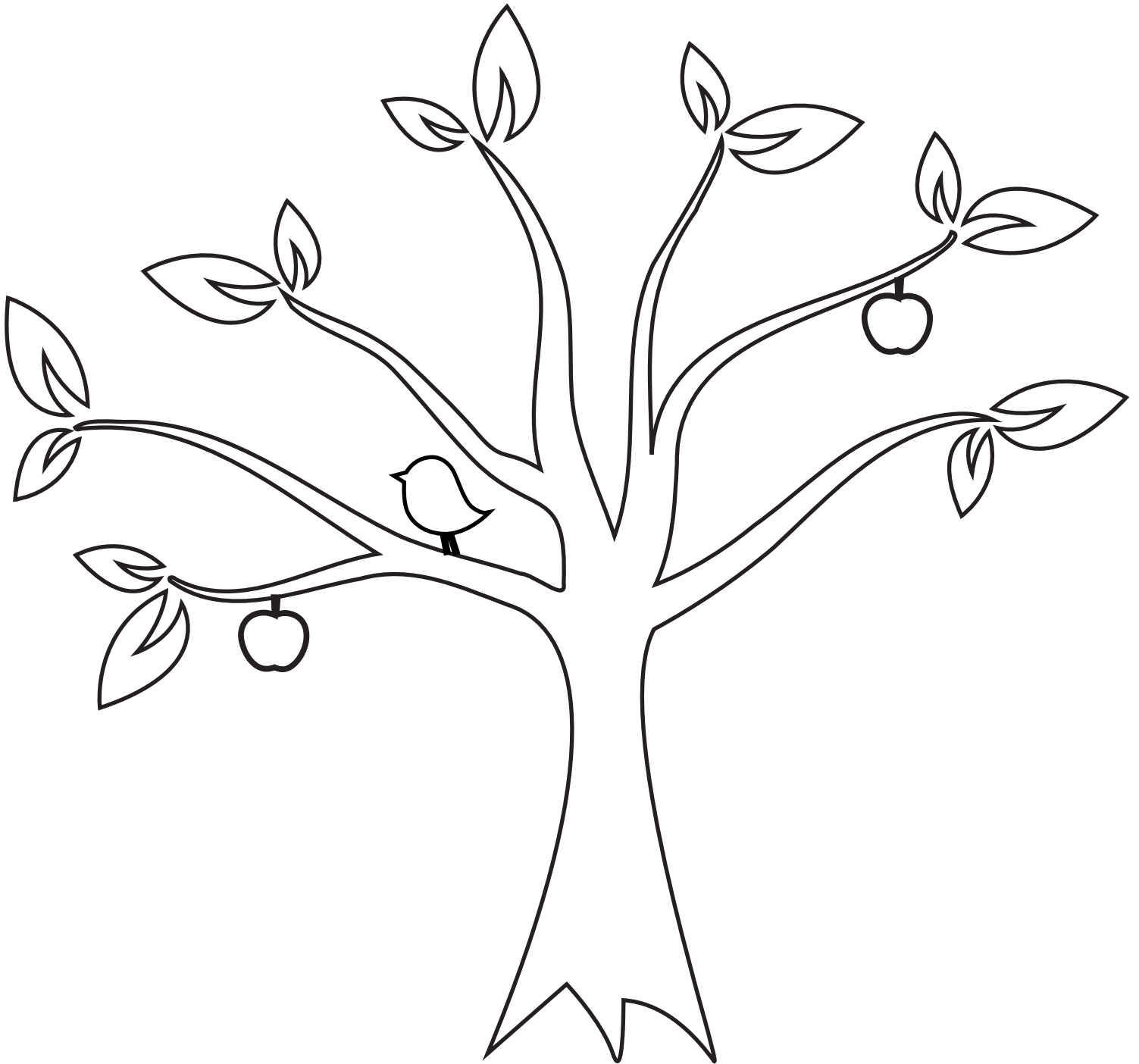


**WEEK:** \_\_\_\_\_

# COLOURING HIGH-AND-LOW TREES

Different printed trees

---

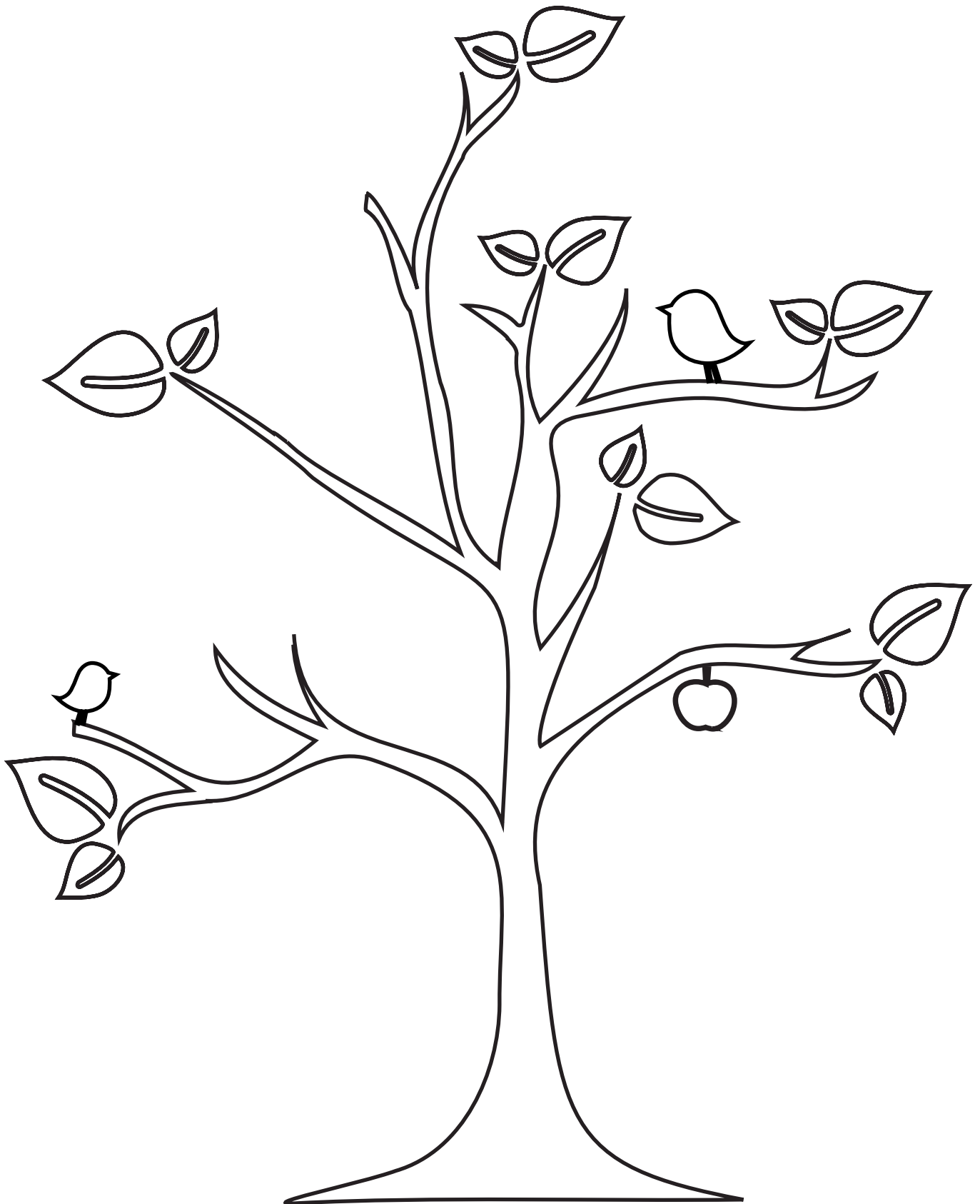


**WEEK:** \_\_\_\_\_

# COLOURING HIGH-AND-LOW TREES

Different printed trees

---



**WEEK:** \_\_\_\_\_