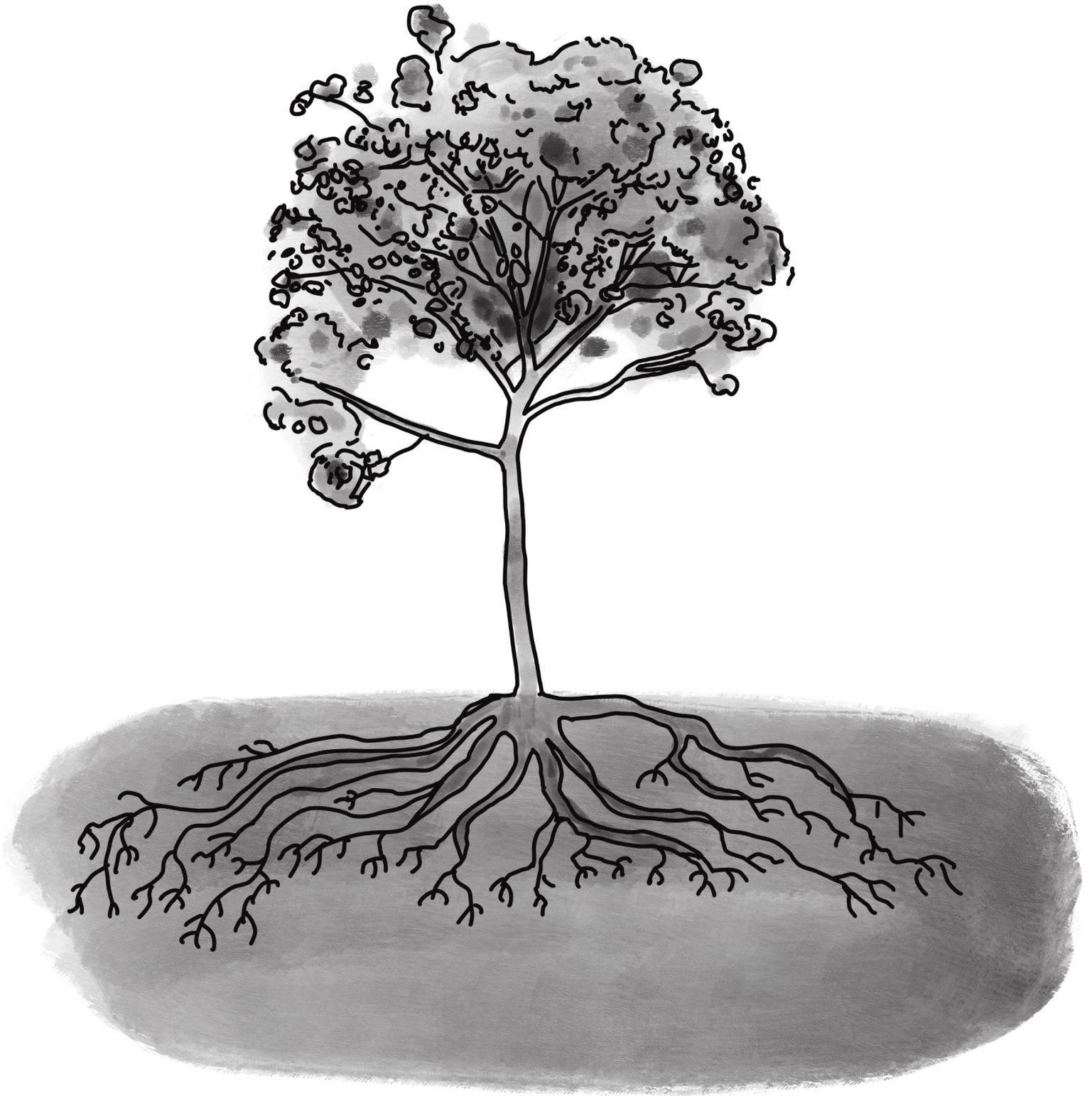


TREE OF LIFE PROJECT

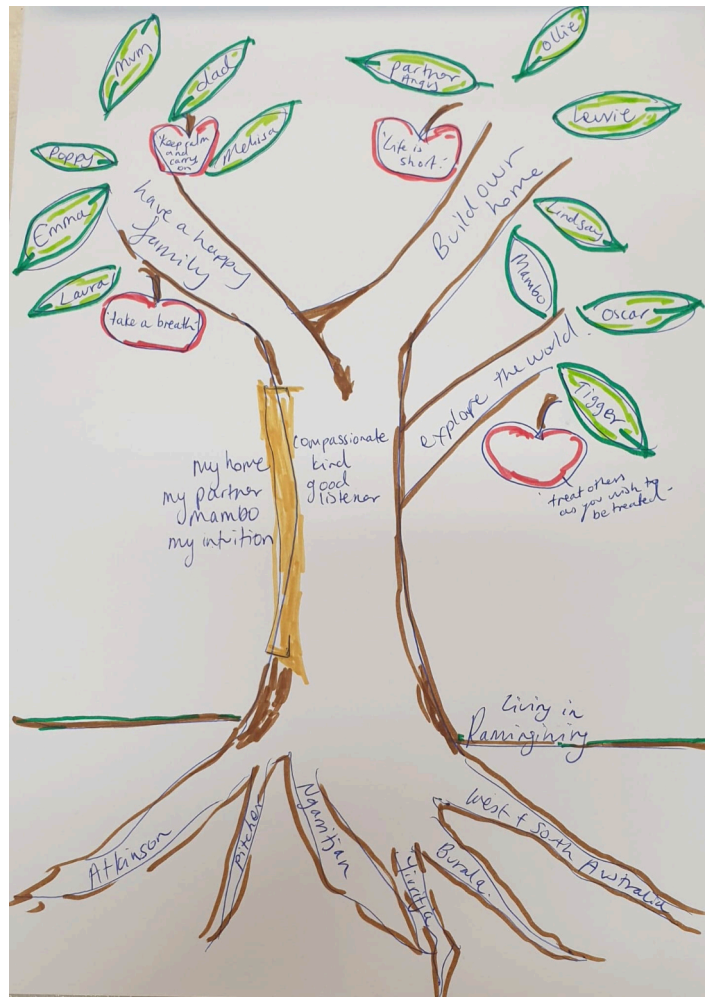
SOCIAL AND EMOTIONAL WELLBEING



Dharpa Waljampirri

This is a project that supports people to see so many different parts of themselves, their strengths, hopes, roots, supports etc.

It has been done with people all over the world: from Uganda to Adelaide, Bolivia to Borroloola. Here is an example of what it might look like, please refer back to this image if you get lost in the explanation.



Once finished, the group can put them on the wall and create a Forest of Life!

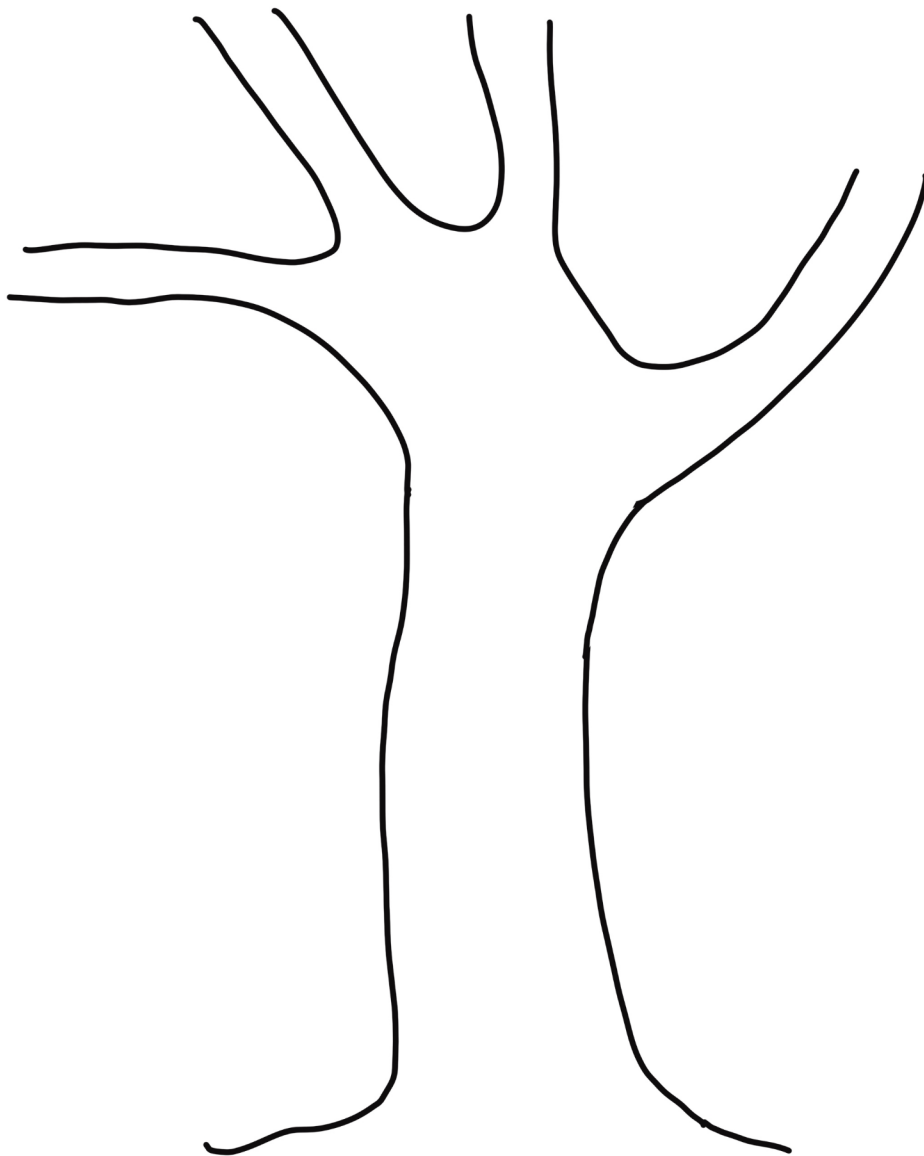
Here is an example from one of the classes at Ramingining School!



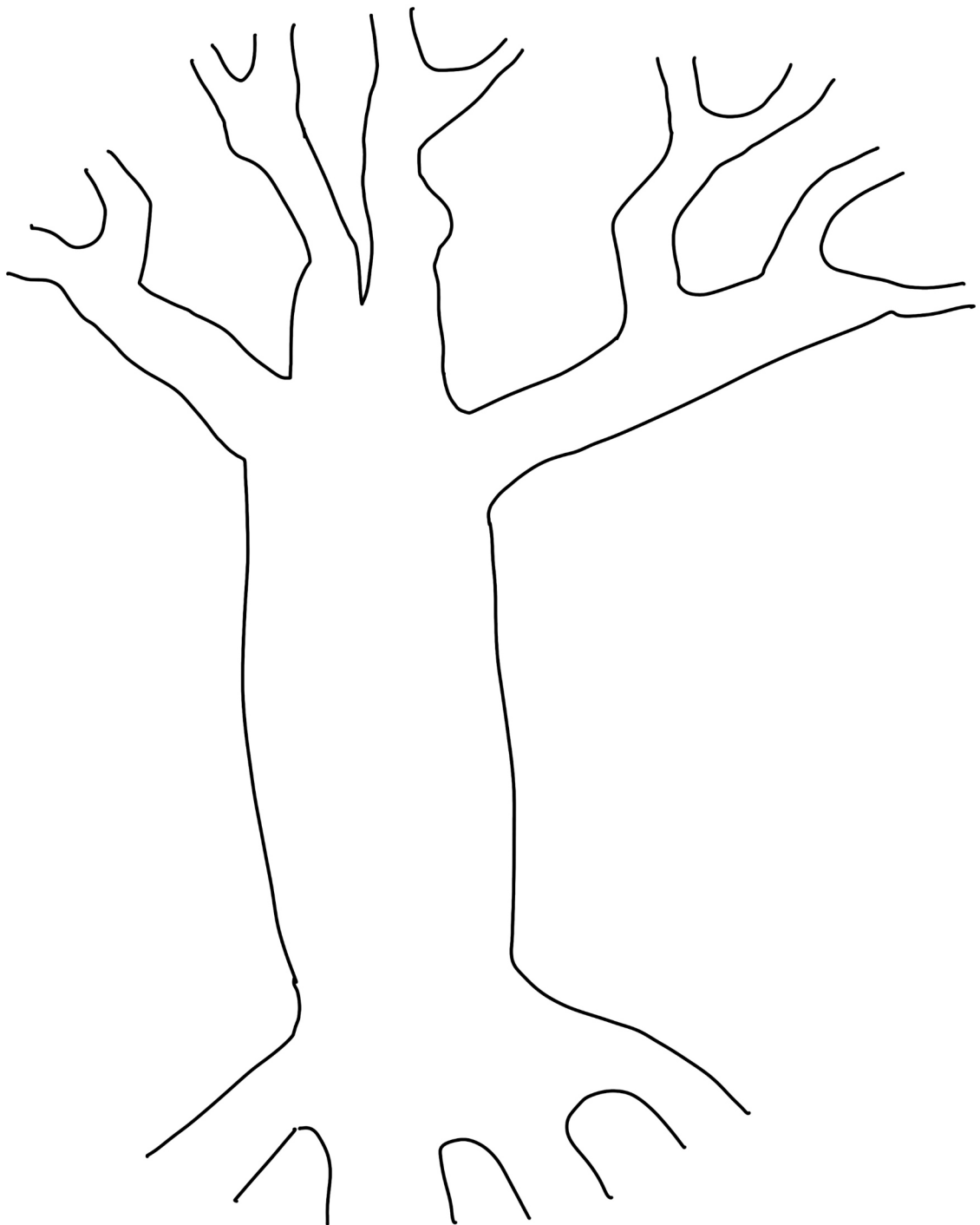
Step 1:

Either you can ask the participants to draw a basic tree on their piece of paper, or you can print one of these off and get them to stick it on a piece of paper (I would suggest onto A3 paper)

*With the first tree you will need to ask them to draw roots



*With this tree you will need to ask them to add in the earth/soil/ground and extend the roots



Step 2

Roots – our history – where we come from (e.g. who we are, mother side, father side, skin name, moiety, totems, languages)

Ask the participants to draw the roots onto their tree (if need be)

Then have a conversation about their roots, who their mothers side are, who their fathers side are, what languages they speak, what their skin name is, where they feel like the come from. I have put these options in as a guide, and people may choose to add some other roots in too.

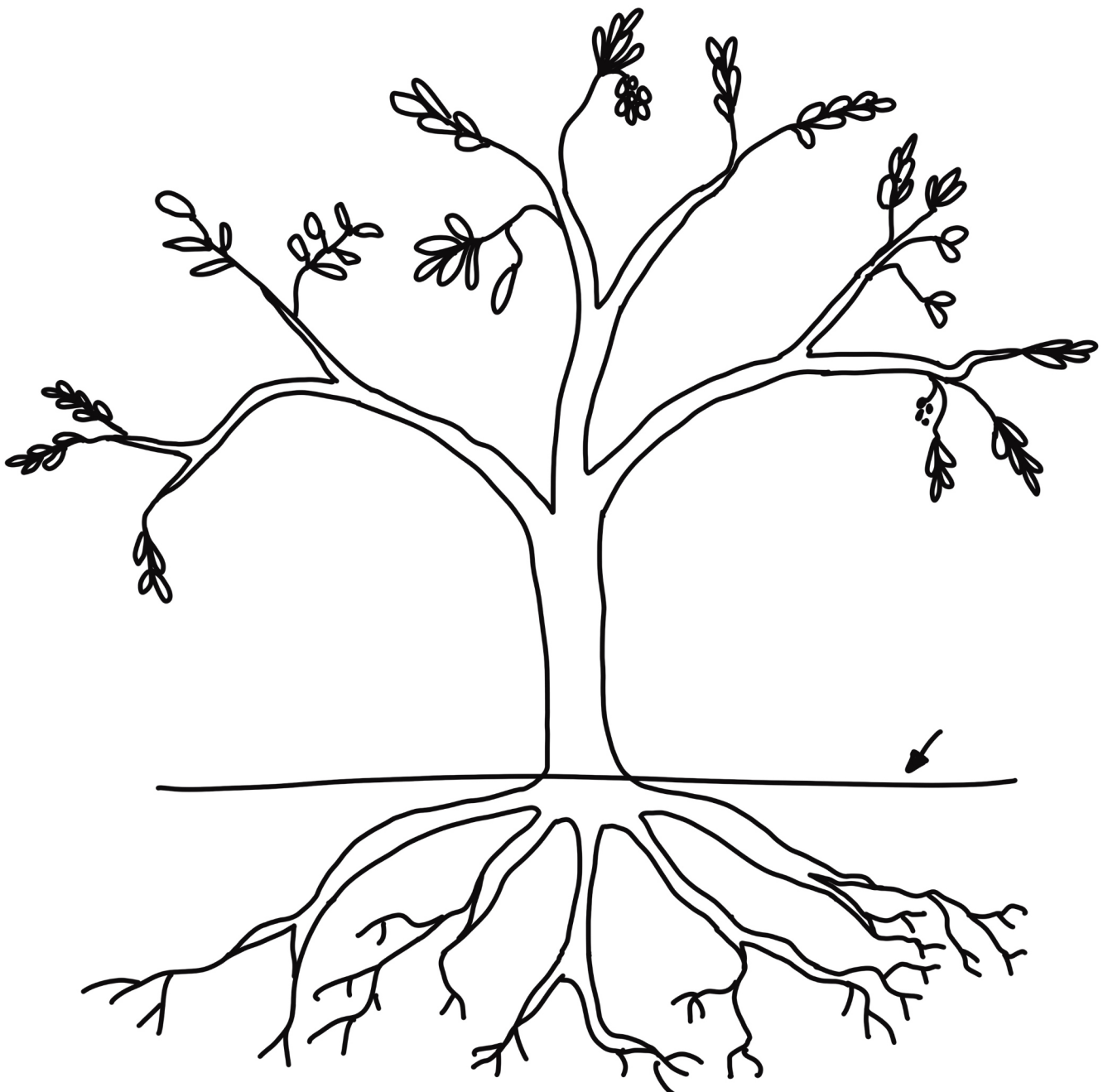
You may like to ask them to write them down directly onto their tree, or brainstorm first on a piece of paper before transcribing onto their tree.

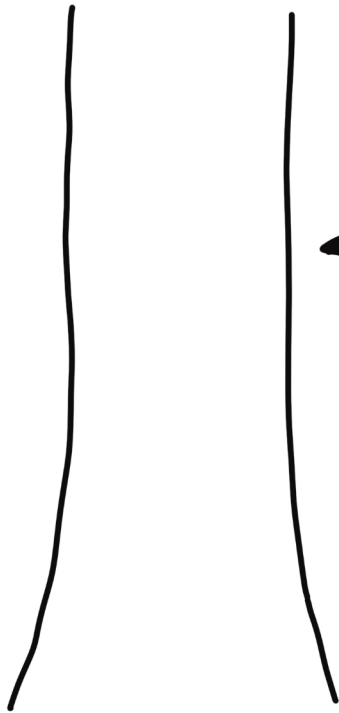


Step 3

Ask the participants to draw the line where the soil is
and write where they are right now, where they live.

Soil – our homeland – where we live – the land we live on





← Skills, strengths

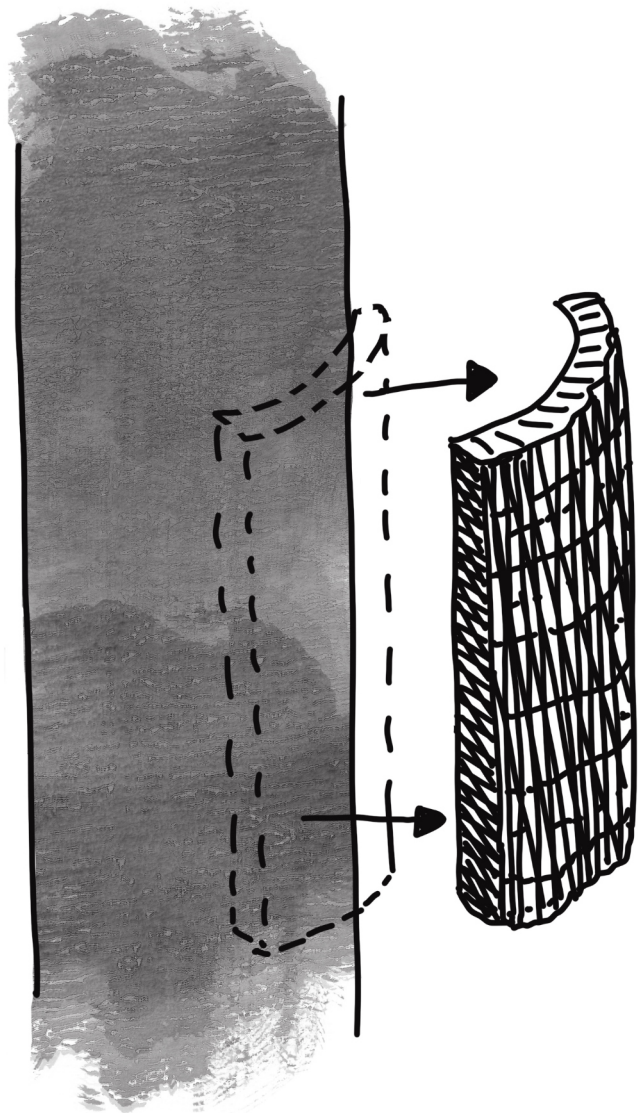
Step 4

The trunk of the tree should already be drawn and ready - Trunk – skills we have to live our lives – personal strengths – (e.g. being kind, respecting others, listening to what other people have to say)

Step 5

A piece of bark can be drawn next to the trunk.

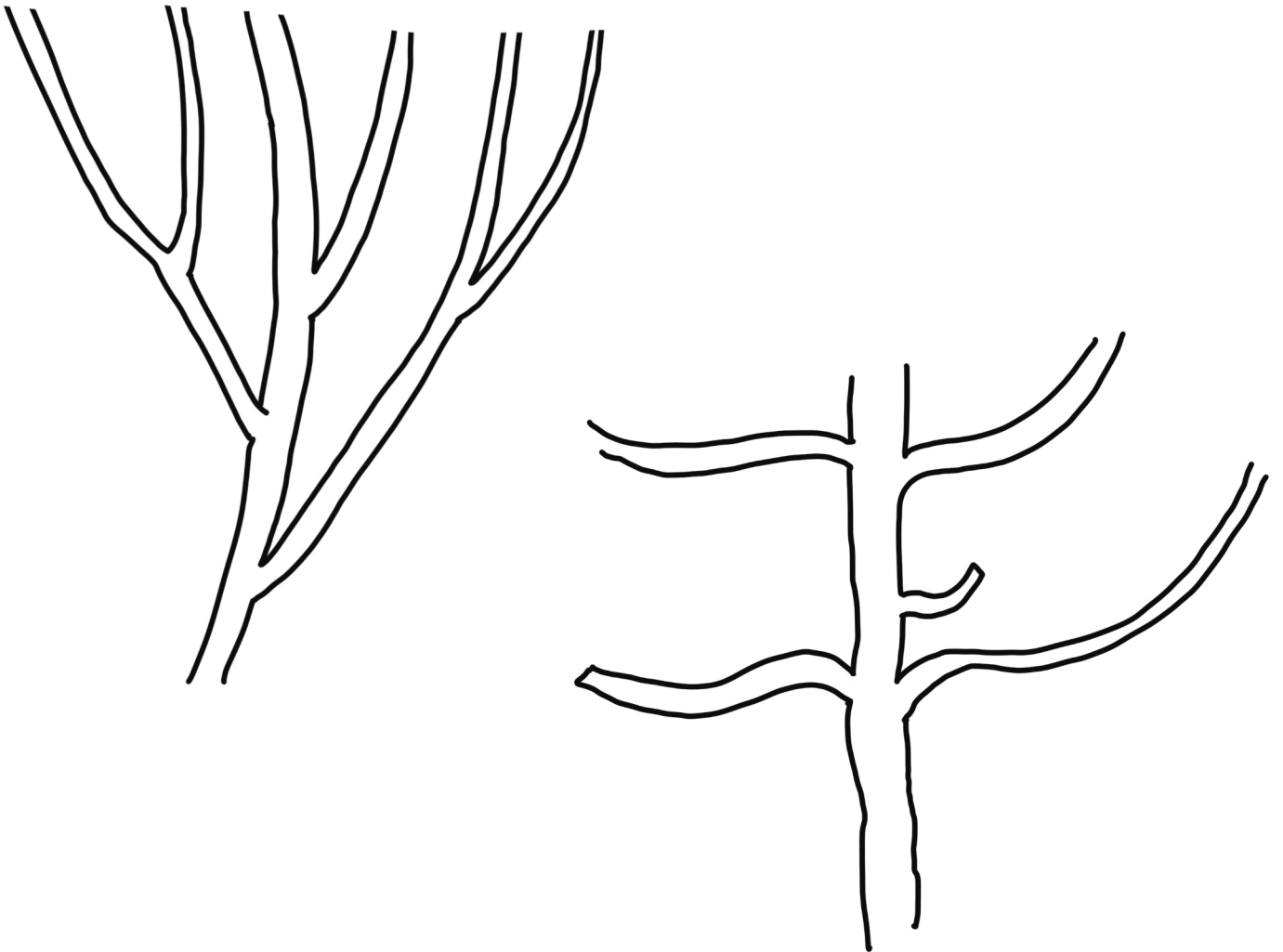
Bark of the tree – what looks after us, What / who keeps us safe (e.g. our family, our home, school, our best friend)



Step 6

Branches – our directions, hopes, goals, dreams and wishes for our lives
(e.g. becoming a teacher, travelling, being a good hunter, becoming a movie star)

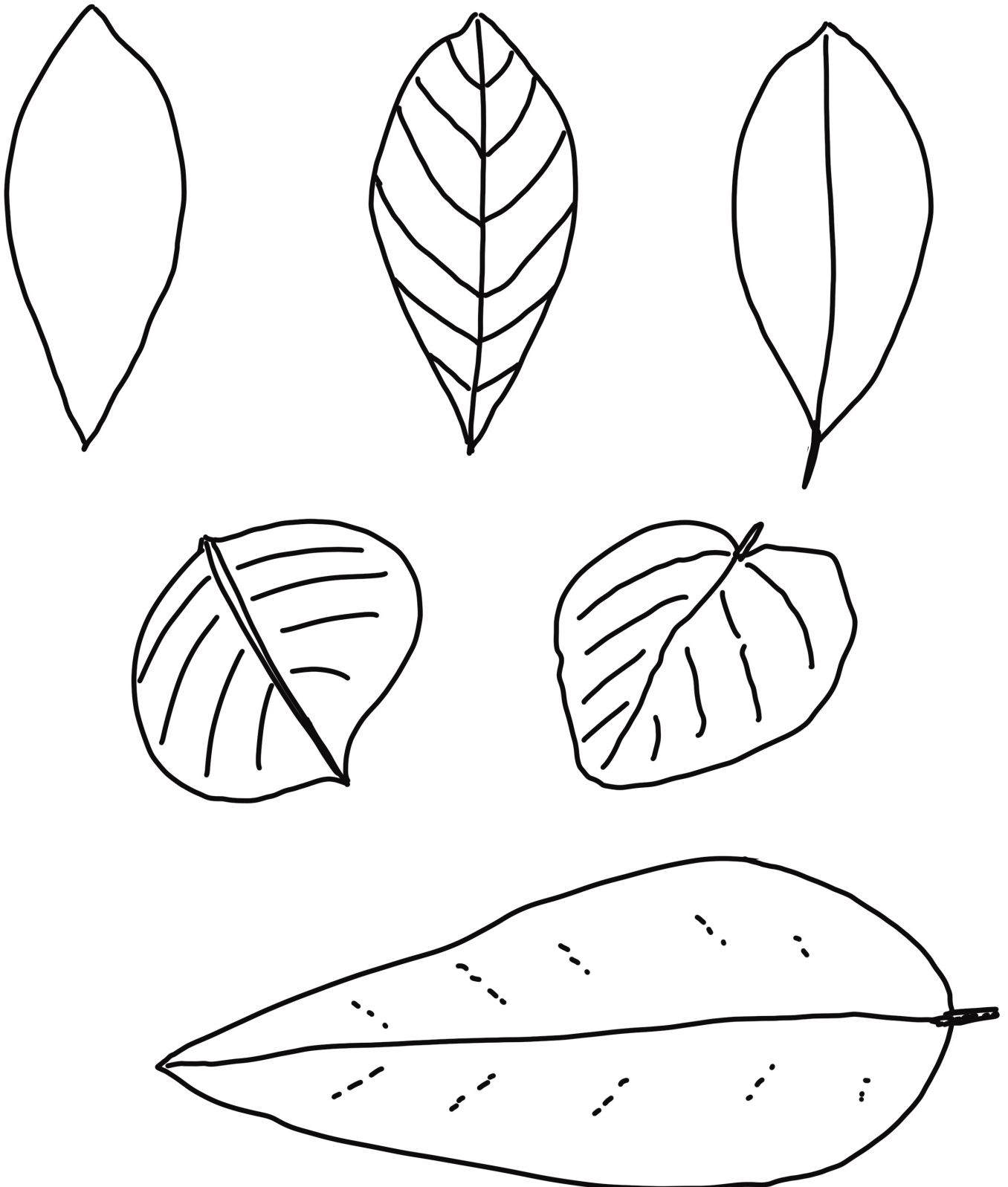
The branches may already be drawn – but if you need to photocopy and print some off here are some extras:



Step 7

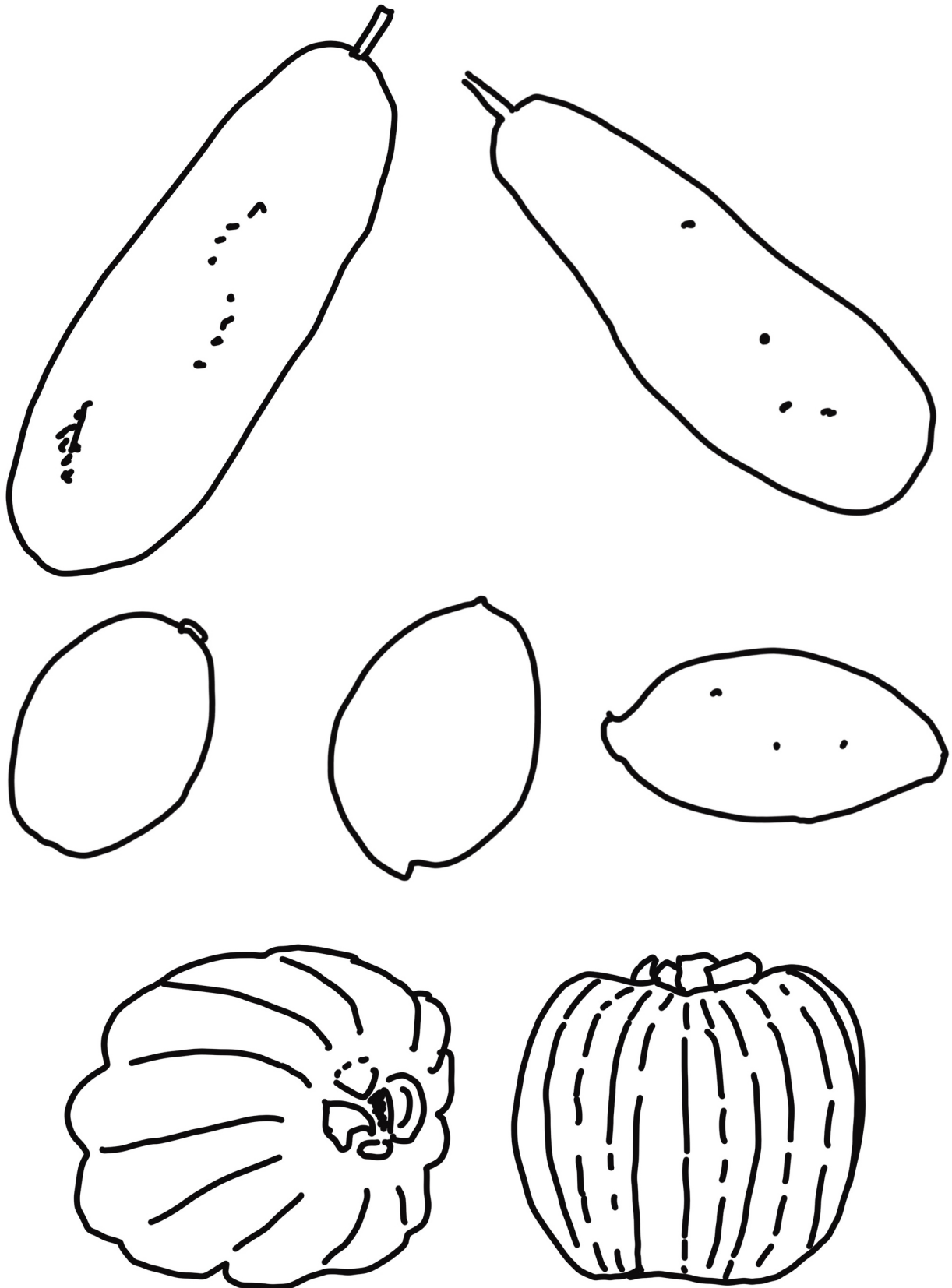
Leaves – people, pets/animals, role models, characters in our life who we love and look up to (can know them personally or they can be famous – e.g. a movie star, a sporting hero, friends and family)

Here are some examples of leaves that can be copied:



Step 8

Fruits – gifts and knowledge we have about what is important in life (e.g. ‘treat people how you wish to be treated’, ‘live life to the full’)



Step 9

The wind – the wind can be drawn around the trees – and this will represent our dreamings – they can write them or draw them on the wind.

These are always around us.

Step 10

The trees should now be completed and all looking beautiful and unique! You could ask the participants to share about their tree if they are comfortable to do that – either to the whole group or in smaller groups.

If you have space on a wall you could place them all up next to each other to create a FOREST of LIFE – full of dreams and hopes, skills, strengths, loved and supportive people, roots and lessons.

Please take photos and send them to Sarah at: narrative.connections19@gmail.com

TREE OF LIFE Workbook

Thank you to Veronica Gaykamangu in Ramingining for her expert translation. And thank you to Marcey Garrawurra for her support in our first trial of this workshop in Ramingining.

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Illustrated and designed by Joshua Santospirito in 2023 (joshuasantospirito.com)

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