



Words of comfort tree

Activity

Help the children think about the importance of what they say to someone who is upset, sad or hurting because they are missing someone or something.

It's important they recognise and hear the message that it's good to cry, it's brave to cry and to let your feelings out. Share how it's important that our feelings are released rather than stuck inside us.

Create a tree of comfort. Give each child a large label with string tied at one end that can be hung onto a plant or a model tree. You may want to cut the labels into leaf shapes.

Ask them to create or choose their favourite phrase of comfort and write it onto their label. Decorate it so that it is special using colour, images and textures.

*It's good to
remember
special times*

*It's good to cry
and let your
feelings out*

*I'm sorry you
feel so sad*

Then give the children time to hang their labels onto the tree of comfort, creating a special and reflective atmosphere.

It's crucial the children understand why it is important to release our feelings and to have someone beside us when we feel hurt, upset or in emotional pain.

Give the children the courage to share their thoughts and help them to recognise the power of saying the right thing to someone when we use empathy and compassion.

If you have a special garden area in school, you may like to hang the labels there as a reflective space for children to spend time.

