

Me-Tree Learning Activity



The purpose of the activity is to help students build their own understanding of themselves and begin to develop a plan for their future hopes and dreams.

No matter the grade level, the Me-Tree learning activity can help students reflect on their journey of self-discovery this past year. The activity asks students to reflect on what they learned about themselves while thinking about their future dreams and goals. In the activity, students will think about their strengths, interests, values, and dreams for their future. They will identify any barriers to these future goals and share what they want people to know about them.

The Me-Tree Activity

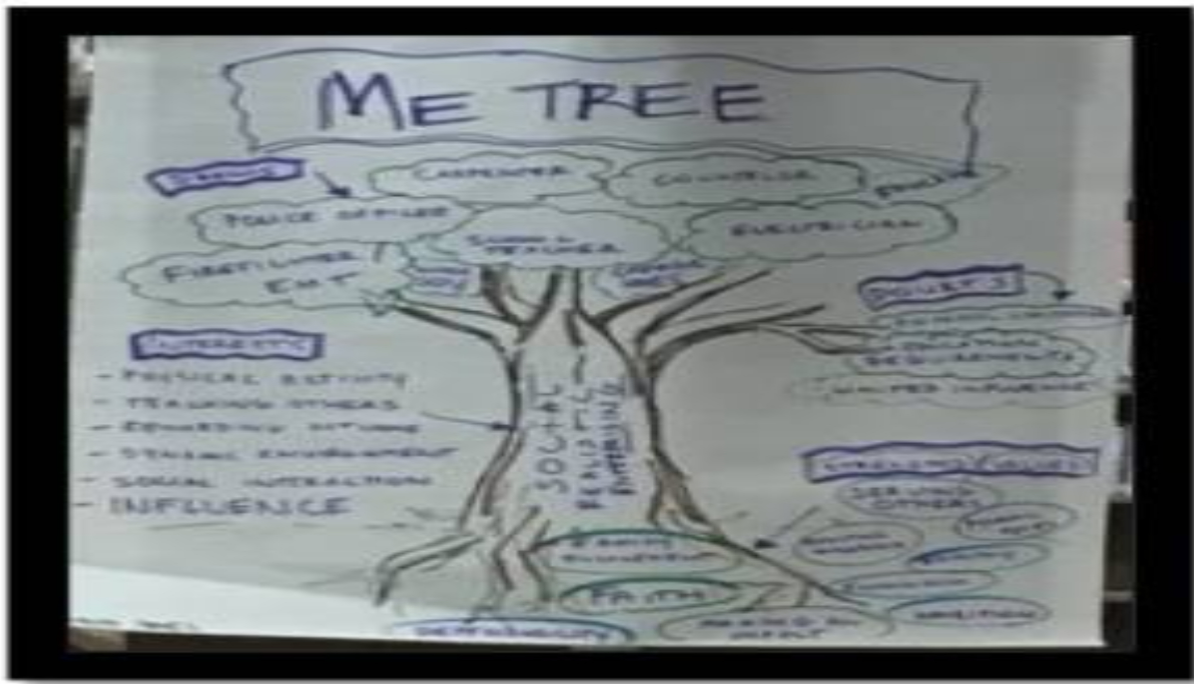
There is no right or wrong way to design a Me-Tree. As shown here, the tree should have roots, a trunk, and a canopy. Students can answer some or all of the following questions when designing their trees:

- What are my strengths?
- What are my interests?
- What are my values?
- What are my dreams/goals for the future?
- What careers am I interested in?
- What might make reaching those dreams/goals/careers difficult? What are my challenges?

Me-Tree Design Examples

ROOTS = Strengths and Values

•The roots are what keep students strong. They are what is important to the student.



Resources

[Me-Tree Activity Directions](#)

[Student Me-Tree Activity Sheet v1](#)

[Student Me-Tree Activity Sheet v2](#)

[Me-Tree Activity Cutouts](#)