Me and My World Review
My Tree of Life

The symbol of a tree is used to help discuss and pictorially express ideas about the child's life.

Benefits of using this tool

Helping to strengthen child's relationship with their history, culture and significant relationships.

Suggested materials

Large piece of paper | Felt-tip pens, crayons | Post-it notes | Activity stickers

Using the tool

Use the worksheet and activity stickers or child, or someone in the network draws a tree including roots, ground, trunk, branches, leaves, fruits representing:

- Roots - where the child comes from, family life, family name, stories, songs from the past, ancestry.
- Ground - child's present and everyday activities/hobbies.
- Trunk – child's strengths, resilience, positive qualities and skills
- Branches – child's hopes, wishes, goals and dreams.
- Leaves – important people in the child's life – real, imagined, dead, inspirational or pets
- Fruits – physical, psychological and social gifts which they have been given.

IRO encourages the child and participants to contribute to the Tree of Life, writing or drawing on post-it notes and adding to the picture e.g. key events, memories, positive qualities and achievements since the last review meeting. Strengths-based and solution focused prompts can be used to identify progress and needs.

Weather symbols can be used to show feelings and the meeting can then consider some of the difficult weather and storms currently affecting the child and the network and how these might be worked with and overcome.

My Tree of Life

Name: Date:

My Tree of Life

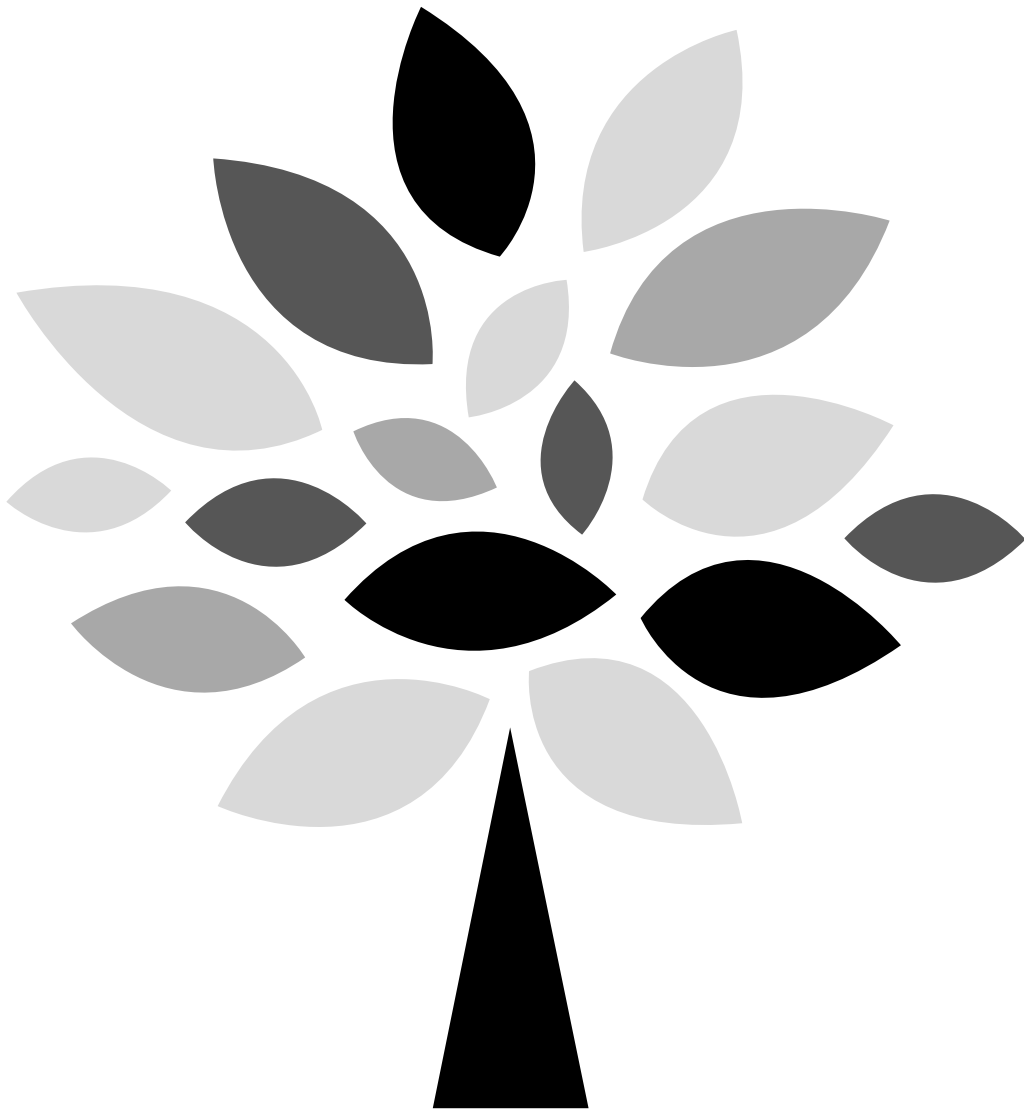# My Tree of Life

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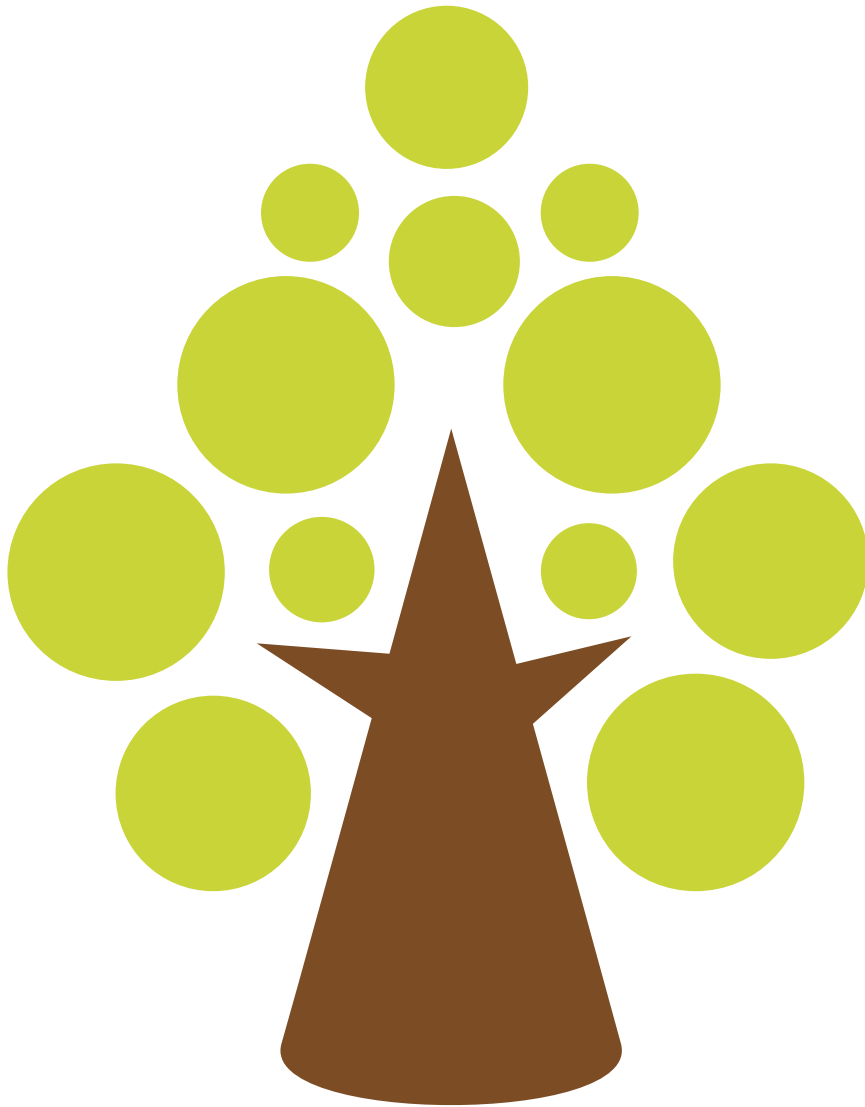
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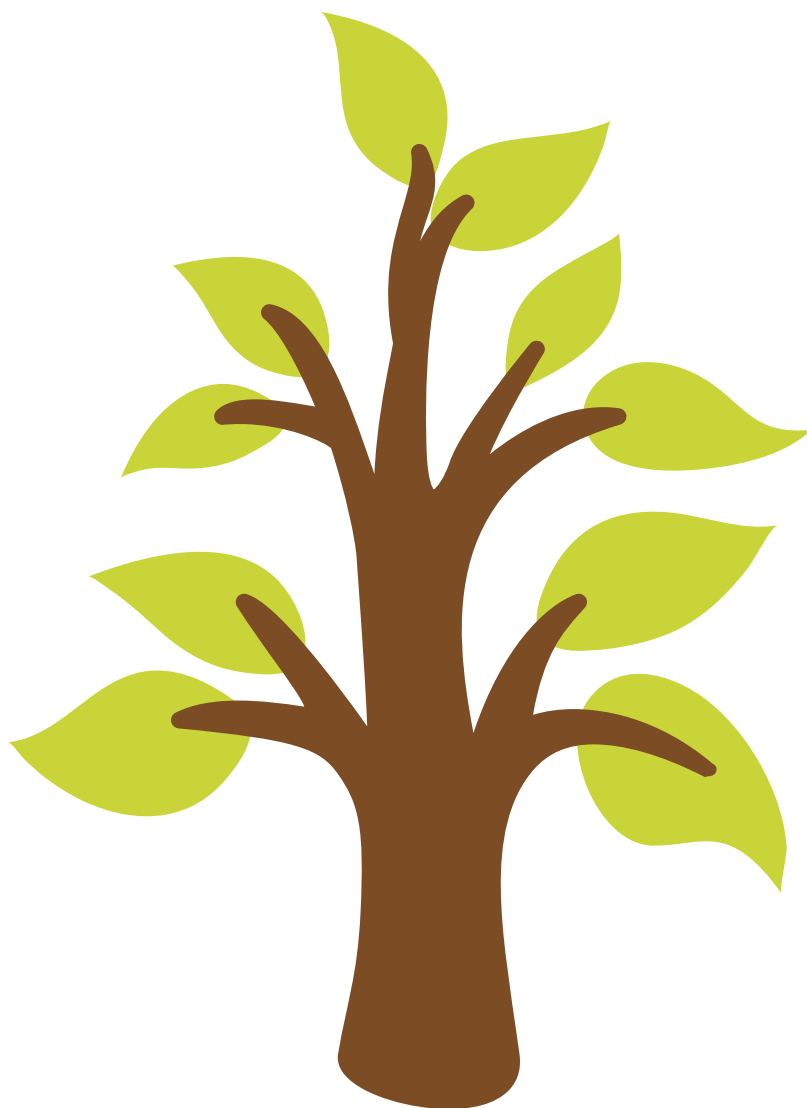# My Tree of Life
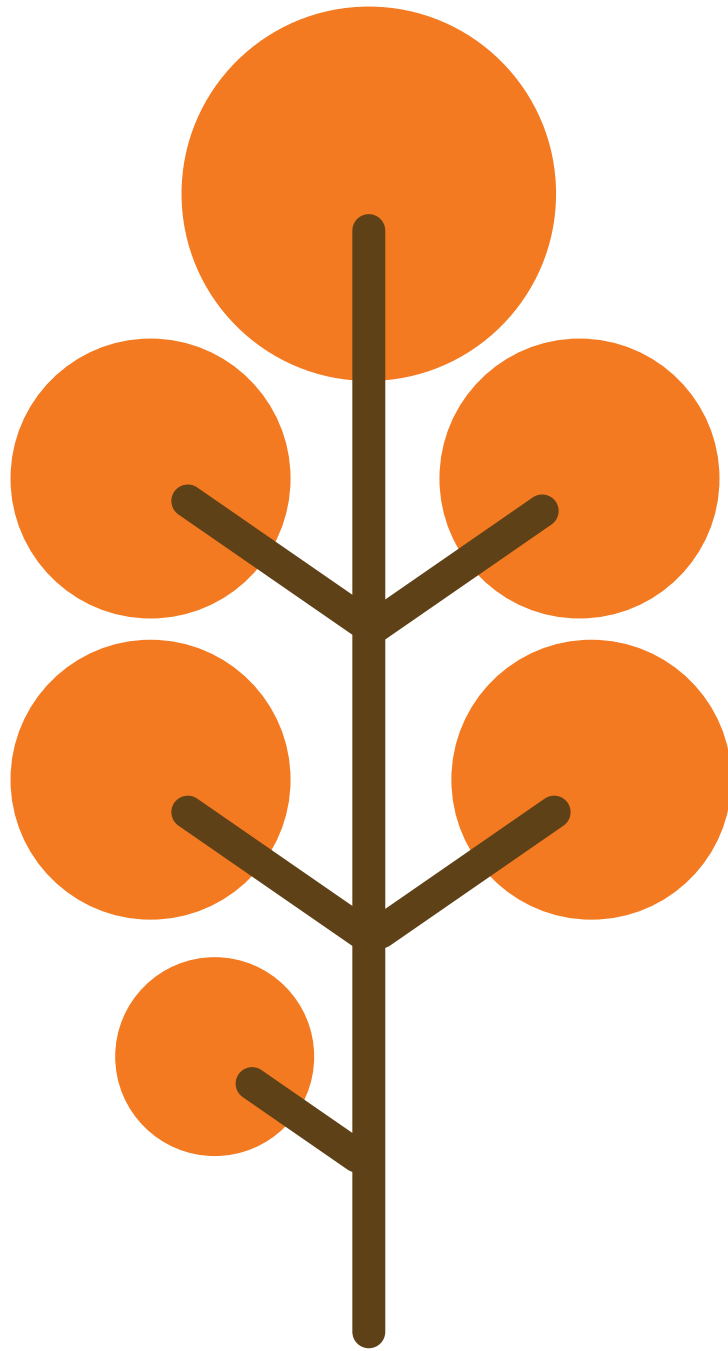
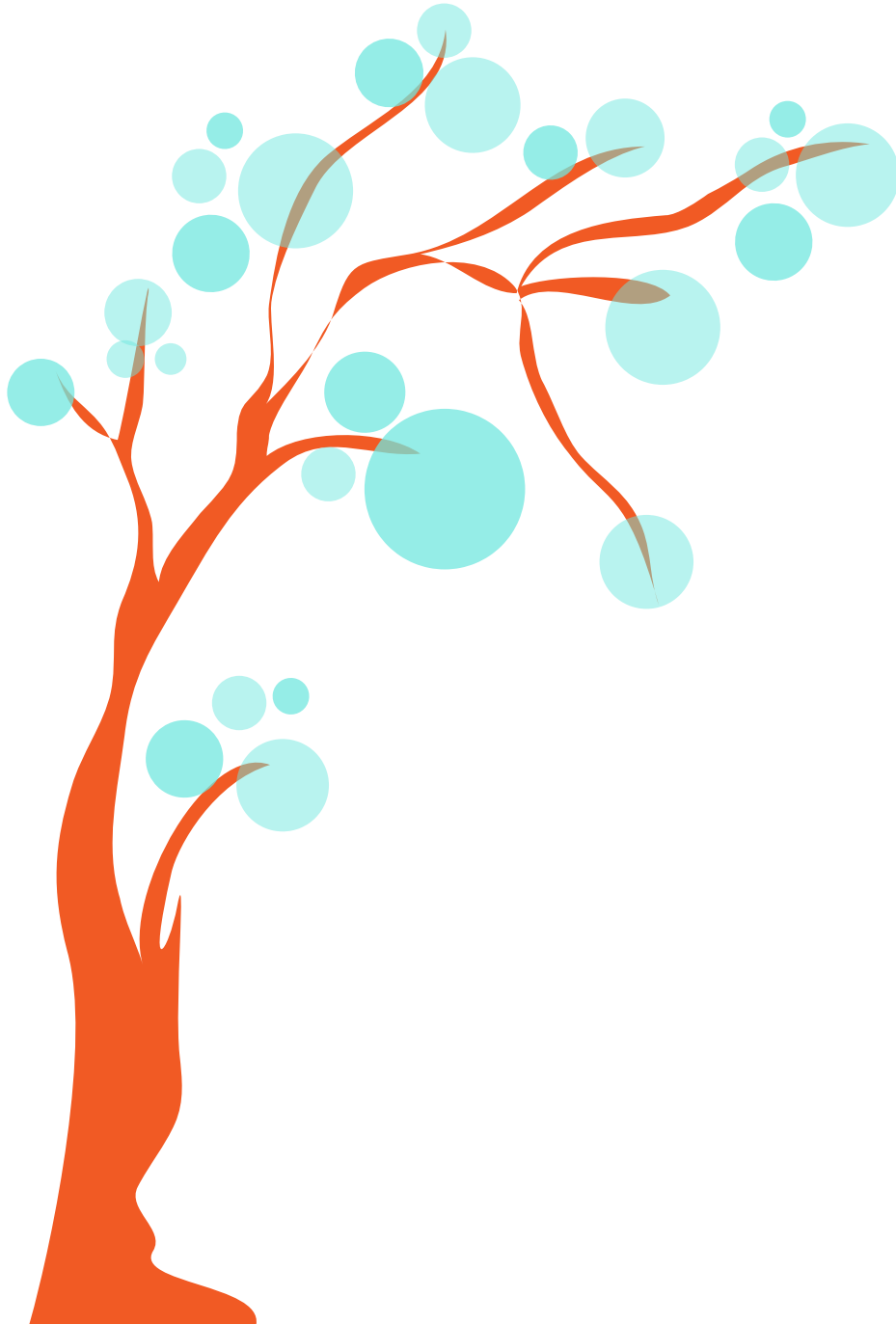Name: Date:

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