

The Tootoot Feeling Tree!

The key to good mental health is recognising and talking about your feelings.

We want to encourage all pupils to think and talk about their feelings as much as possible.

In a prominent place in school create a tree trunk and branches on a display board – you can be as creative as you like! Call the display the ‘tootoot feelings tree’.

Hand out a leaf to every pupil (and staff member!) in school, encourage them to think about their strongest feeling that day and write it on the leaf (they should keep the leaves anonymous); they can also decorate the leaf if they are feeling artistic.

Once complete, ask them to hand their leaf back to their teacher so that the leaves can be added to the feeling tree.

As the leaves are added you will see a beautiful tree full of feelings blossom!

Remember - this is a great opportunity for class teachers to get a sense of the feelings in their class, and to remind pupils to use **tootoot** to talk about any negative feelings or worries.

Once the tree is full take a picture of your amazing feeling tree and send it to us on Twitter or Instagram using @tootootofficial – we always love to see how our activities come to life in school.

Print: Feeling Tree Leaf Template

