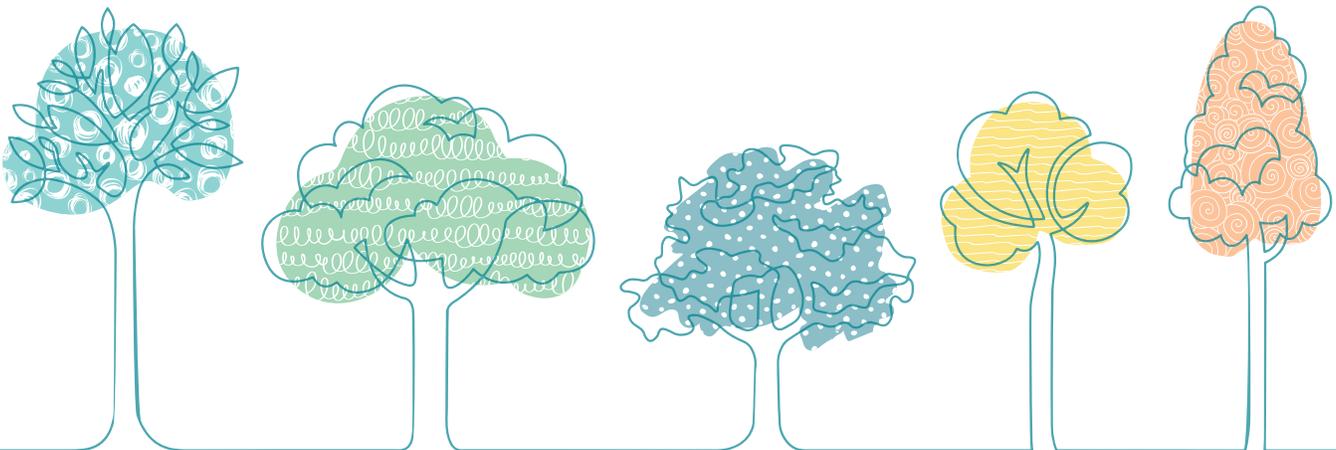




LOVE YOUR TREE

Cultivating Compassion Through Art

PROGRAM PACKET



#LoveYourTree

LOVE YOUR TREE

Cultivating Compassion Through Art



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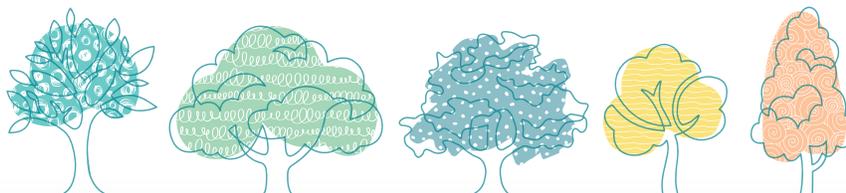
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LOVE YOUR TREE

Cultivating Compassion Through Art



PROGRAM OVERVIEW

Love Your Tree is an arts-based workshop for people of all ages focused on cultivating self-compassion, body acceptance and positive mental well-being through creativity, community connection and self-reflection.

The tree is a universal symbol of growth, resilience, strength and the beauty of individual differences and diversity. Just like humans, every tree in the forest is unique, yet trees remain connected to one another and the world around them in powerful ways. Through participation in *Love Your Tree*, people of all ages are encouraged to explore the tree metaphor and share creative expressions of acceptance, gratitude for the unique form of our bodies and our lives, and appreciation of the many ways in which we get stronger and heal through connection with others.

Getting Involved Is Easy!

Step 1: Download the [Program Packet](#).

Step 2: Use the information and guided activities to create an original artwork.

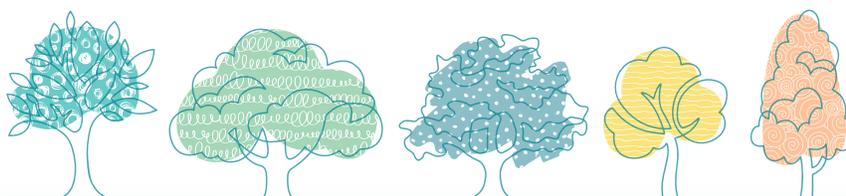
Step 3: Submit your entry at LoveYourTree.org and your artwork will be added to the national virtual art gallery.

Remember, artwork is a broad term that includes any application of your creativity and imagination. Entries may include art in all its forms. Visit the FAQs section for details about how to submit different types of artwork.

More Ways to Get Involved and Make an Impact:

- Host your own *Love Your Tree* art workshop for a class, nonprofit organization, workplace or community group. Simply download the [activity sheet](#) and [Love Your Tree PowerPoint slides](#). (Find helpful tips for hosting a workshop in the FAQs section.)

For more information on deadlines and submission guidelines, be sure to read the [FAQs](#) section.



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FREQUENTLY ASKED QUESTIONS

What type of artwork can I submit?

Love Your Tree is all about creativity. Traditionally, entries have been in the form of posters (paintings, drawings, etc.) or other forms of visual art such as photographs and digital design work. However, we were so inspired by all of the new submissions ([like this beautiful song](#)) that we're encouraging everyone to think outside the box! Posters, poems, collages, spoken word, TikTok videos, choreography, sculpture – as long as you can send it (or a photo or video of it) to us, it belongs in the *Love Your Tree* gallery! Here are some tips for submitting various forms of artwork.

- Visual 2D or 3D artwork (posters, paintings, drawings, graphic design, etc.)
 - Submit photo file (JPEG, PNG)
- Written works of art (poems, stories, lyrics, etc.)
 - Submit document file (.doc or PDF)
- Visual/movement performances (spoken word, choreographed dance, theatrical performance, etc.)
 - Submit video file (MP4, FLV, MOV or AVI)
- Spoken/musical performance (instrumental composition, song lyrics, etc.)
 - Submit audio or video file (MP3, MP4, FLV, MOV or AVI)

Is there a deadline to enter the program?

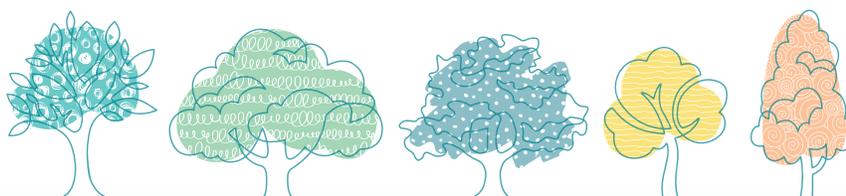
The *Love Your Tree* program will be open and active **through December 31**. If you will be hosting a workshop, submitting your own artwork or planning a *Love Your Tree* event for your own community, please keep these dates in mind. All entries for this year must be received prior to the December 31 deadline to be included in this year's online gallery. Submissions accepted outside of campaign dates are held until the campaign opens next year.

I'm not much of an artist. Are there other ways for me to get involved?

We believe everyone is an artist in their own way and it can be fun and rewarding to let creativity flow no matter what comes out of it. Don't let a lack of formal artistic ability keep you from experimenting with art.

How old must I be to participate?

Exactly the age that you are right now. We've had the pleasure of hosting *Love Your Tree* events for preschoolers on up through senior citizens. Just like trees can keep growing and changing from tiny saplings to ancient redwoods, there's really no age limit to creativity and self-expression. However, everyone who submits artwork to the campaign is required to submit a [participant consent and entry form](#) as well. If you're under 18, that means your parent or guardian must consent too, so you'll need their permission to participate.



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What's involved in hosting a workshop?

Workshops can look different depending on the age of your participants, how much time you have available, access to supplies or your individual goals for engagement. Workshops can be educational, relaxing, therapeutic and fun! The *Love Your Tree* campaign has easy-to-use activities and a ready-to-go PowerPoint presentation that can be helpful tools to walk participants through the *Love Your Tree* creative process. Many facilitators take these ideas and adapt them into even more beautiful creations. Over the years, *Love Your Tree* workshops have been hosted in a variety of settings:

- Middle and high school art programs
- Adult yoga/mindfulness classes
- Kindergarten murals
- Parent-child art workshops
- Campus-wide celebrations
- Support group activities
- Writing workshops and more

We encourage you to use the available materials here and put your own creative spin on the concepts! Remember, the only goal is to inspire self-compassion, body acceptance and positive mental well-being, and to help spread those themes through connection to the community. Need help hosting a workshop? Please email us at LoveYourTree@ERCPATHLIGHT.COM.



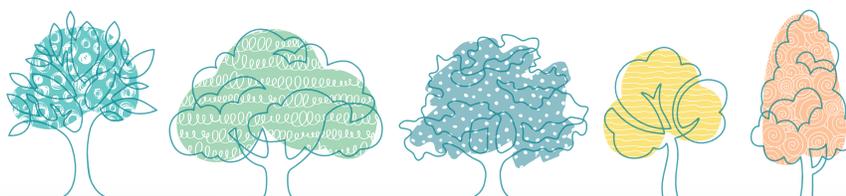
"Like a tree...my body is strong."
Lindsay A., Age Category:
Unknown



"Like a tree...I am loved for being who I am."
Elizabeth M., Age Category: 15-18



"Like a tree...my body is me."
Alden K., Age Category: 11-14



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WORKSHOP OVERVIEW

Step 1: Work through the activity sheet.

Step 2: Use the tree elements identified on your worksheets to represent aspects of the body.

Example: Toes and feet spreading out like roots above the ground where the tree is anchored.

Step 3: Use the tree/body metaphor to create a blended image of your artist statement.



"Like trees, our differences make us beautiful."

Liz L., Diversity

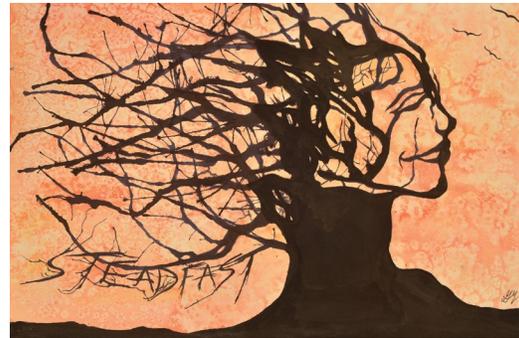
Age Category: 15-18



"Like a tree, my body...is strong."

Stella H., Luzy

Age Category: 11-14



"Like a tree, I am...steadfast."

Gavin M., Steadfast

Age Category: 15-18

Step 4: Decide what kind of art you would like to create based on your tree representation.

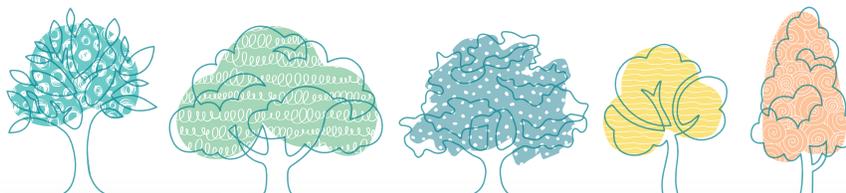
These are just some of the possibilities:

- Poster (paint, colored pencil, collage, pastels, pen and ink, etc.)
- Poem or spoken word
- Song/lyrics/musical composition
- Dance choreography
- Original photograph
- Sculpture

Step 5: Create and submit. Once your idea comes to life, don't forget to take a picture and/or upload it to the Love Your Tree virtual gallery at LoveYourTree.org.

Step 6: Share your art and the Love Your Tree message with the world. Creating your own artwork is just part of the process. Art is so powerful! By sharing your message of body positivity, self-acceptance or resilience with others, you are not only helping yourself but also inspiring or empowering the people who see it to create change or overcome challenges in their own lives.

Share a link to your artwork in the online gallery via your social media channels. Be sure to use the #LoveYourTree hashtag.



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SELF-EXPLORATION AND CREATIVE BRAINSTORM ACTIVITY SHEET

1 Quickly sketch your favorite kind of tree.

5 What is your favorite part of your body?

Face	Shoulders	Knees	Nose	Thighs	Freckles
Eyes	Chest	Hands	Skin	Arms	Ankles
Hair	Brain	Hips	Calves	Feet	Other
Muscles	Nails	Toes	Heart	Elbows	_____

6 Write down three words to describe that body part and what it supports you to do?

2 In what ways are you connected to your favorite tree?

7 What are your favorite characteristics of your personality?

Creative	Relaxed	Complex
Honest	Loving	Outspoken
Resourceful	Grounded	Unique
Authentic	Different	Fast
Reflective	Resilient	Funny
Compassionate	Respected	Strong
Beautiful	Determined	Artistic
Intelligent	Flexible	Other
Social	Natural	_____
Passionate	Caring	_____

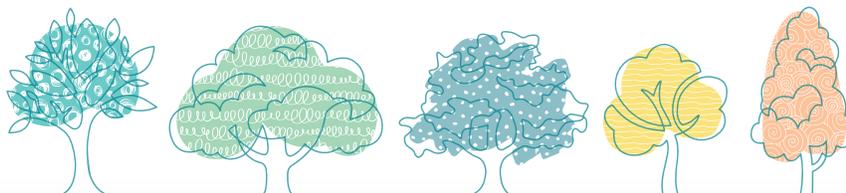
3 What is your favorite part of the tree?

Roots	Fruit	Shade	Blossoms
Shape	Smell	Leaves	Other
Trunk	Seeds	Bark	_____
Branches	Knots	Rings	_____

4 Sketch yourself.

8 What similarities do you see between yourself and your favorite tree?

Use your responses above as highlights to create your idea of yourself as a tree on a separate sheet of paper/banner.



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THE FIVE BRANCHES OF HOPE

Love Your Tree uses the metaphor of the tree and its universal symbols to help participants celebrate themselves and others across the following “branches of hope.”



Diversity & Uniqueness

Just as trees are all unique in their shapes, functions, sizes, colors, growing patterns and blooming seasons, so are we! *Love Your Tree* honors the natural beauty of diversity and the beauty of our imperfections. With their branches sprouting in different directions and roots attaching in different soils, every tree is an individual and no two are exactly alike in appearance or existence. In this way, the tree can symbolize our individuality and our distinct paths as different experiences shape us into who we are.

Examples: *“Like trees in a forest, we all grow in different ways and can find our own light.”*
“Like a tree, my body is unique and worthy of love.” *“Like a tree, I am more than my outward appearance.”*



Community & Connectedness

Trees symbolize togetherness and serve as a reminder that we are never alone or isolated. Did you know that trees can communicate with one another through root systems and need one another to grow properly in a forest system? Even across continents and oceans, trees are constantly in a cycle of connection with the air we breathe and the environments we live in. Like trees, we are deeply connected to each other and the world even beyond our own family tree.

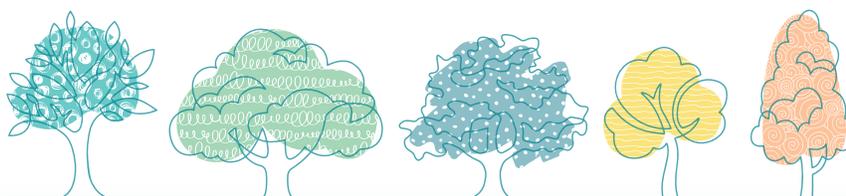
Examples: *“Like a tree, I have deep roots and am not alone in my journey.”* *“Like a tree, I am connected to my community.”* *“Like a tree, I am an essential part of something bigger.”*



Mindfulness & Joy

Walking through a forest is known to have a calming effect on mood and provides a wonderful atmosphere for mindfulness and self-reflection. Imagine all the different ways we interact with trees – relaxing in a hammock strung between two old trunks, kids climbing and laughing in the branches or simply sitting and watching the wind blow through the leaves. *Love Your Tree* uses the tree symbol to encourage rest, meditation, playfulness, peace and connection with nature as a form of self-care and joy.

Examples: *“Like a tree, I can be still.”* *“Like trees in the wind, I am relaxed with each breath.”*
“Like a tree full of playful kids, I am full of joy.”



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Resilience & Change

Even when trees lose their leaves or look bare during winter, new buds appear and fresh leaves unfurl in the spring. Other trees stay green through unexpected droughts or serve as shelter through the coldest winters. Over time, trees adapt to unexpected situations, often growing over or around barriers like sidewalks and fences, sprouting new branches. This is similar to how people grow and change over a lifetime, and it reminds us that we can adapt to all types of unforeseen circumstances.

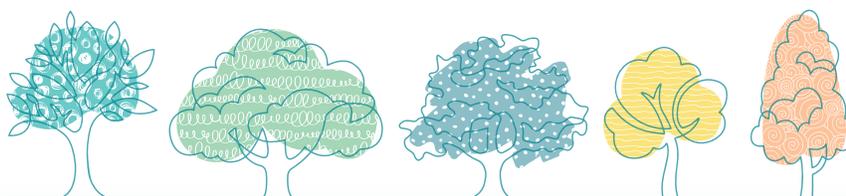
Examples: *"Like a tree, my mind is blooming."* *"Like a tree, my body changes through the seasons in my life."*



Strength & Growth

Different types of trees stand strong all over the world and display their strength in a variety of ways. Some spread their roots deep or wide into the soil to ground and stabilize themselves. Others grow right into the edges of cliffs or are perfectly suited to stay upright during a hurricane. Just as trees grow strong, we can grow stronger physically and mentally. In the same way that trees are essential for life and are used for structure, comfort, nourishment and relaxation, we too have many strengths to share with the world.

Examples: *"Like a tree, I can get through difficult storms."* *"Like a tree, I have many strengths and grow with every challenge."* *"Like a tree, my body is growing in its own wonderful way."*



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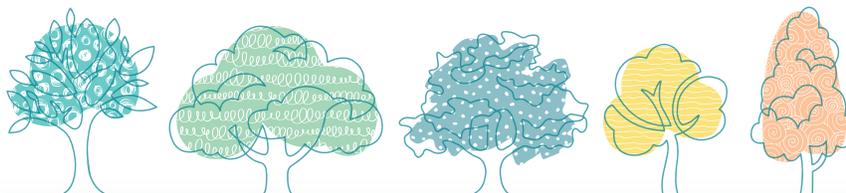
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AFFIRMATION CARDS

Brighten someone's day by completing the prompts. Share on social media using [#LoveYourTree](#), via email, or just post them where others will see them, and your inspiring messages will be shared with others as they work to heal.

Diversity & Uniqueness	Strength & Growth
<p>Like trees, our differences are beautiful because...</p> <p>To learn more, visit LoveYourTree.org Email us at LoveYourTree@ERCPATHLIGHT.COM</p>	<p>Like trees, we show strength through...</p> <p>To learn more, visit LoveYourTree.org Email us at LoveYourTree@ERCPATHLIGHT.COM</p>
Mindfulness & Joy	Community & Connectedness
<p>Like trees, we can find joy when...</p> <p>To learn more, visit LoveYourTree.org Email us at LoveYourTree@ERCPATHLIGHT.COM</p>	<p>Like trees, we show connections by...</p> <p>To learn more, visit LoveYourTree.org Email us at LoveYourTree@ERCPATHLIGHT.COM</p>
Resilience & Change	
<p>Like a tree, I show resilience by...</p> <p>To learn more, visit LoveYourTree.org Email us at LoveYourTree@ERCPATHLIGHT.COM</p>	<p>“Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying I will try again tomorrow.”</p> <p>~ Mary Anne Radmacher</p>



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PARTICIPANT CONSENT AND ENTRY FORM (Page 1 of 2)

Please fill out both pages before submitting this form.

Thank you for participating in *Love Your Tree*, a creative arts activity for people of all ages focused on cultivating self-compassion, body acceptance and positive mental well-being. Entries can be any original form of visual art, written word or expressive/performance art. Examples include, but are not limited to, posters/paintings, songs/lyrics, poems and original choreography. Appropriate entries received through December 31 will be added to the online gallery.

Ready to Submit Your Artwork?

Both options will require participants under the age of 18 to obtain parent/guardian consent.

1. Submit your artwork online at LoveYourTree.org. You will be prompted to complete the online consent form and upload a photo/file of your entry.



– OR –

2. Submit your artwork via email to LoveYourTree@ERCPATHLIGHT.COM and attach a photo/file of your entry along with this completed and signed consent form. (Teachers or workshop facilitators may also collect these forms and files and submit as a group.)

Entry Details:

Artist name: _____ Age: _____ DOB: _____

Parent/guardian name (if artist is under 18): _____

Email: _____

Location (city/state): _____

Title of artwork: _____

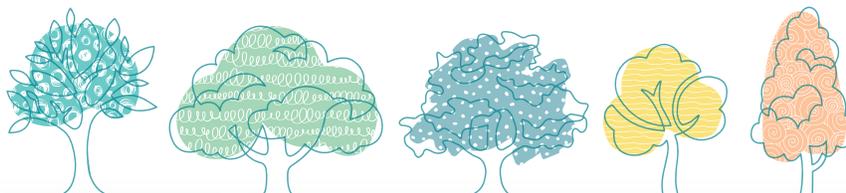
Artist statement (i.e., *Like a tree, I am...*): _____

Did you participate in a *Love Your Tree* workshop? Yes No

If so, please list the name of your facilitator/teacher: _____

Was your participation in *Love Your Tree* related to your involvement in a group/organization or school/college?

If so, include it here: _____



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PARTICIPANT CONSENT AND ENTRY FORM (Page 2 of 2)

Please fill out both pages before submitting this form.

Would you like the name of this group listed with your artwork in the online gallery? Yes No

Would you like to share anything else about the story/inspiration for your artwork or your experience participating in *Love Your Tree*?

Consent:

I understand that by signing below and submitting my artwork to the *Love Your Tree* campaign, I am giving Eating Recovery Center and Pathlight Mood & Anxiety Center full permission to utilize and share my submission online (website and social media) and in print format now and in the future. I understand that my first name/last initial and age may be posted with the artwork. I confirm that my/my child's artwork is an original piece of art that was designed and created solely by me (or my child) and has not been copied from other sources. I understand that submitting a piece of art does not guarantee that it will be displayed or featured on the site and that I will not be compensated in any way for my entry or participation.

Artist name (print)

Artist signature

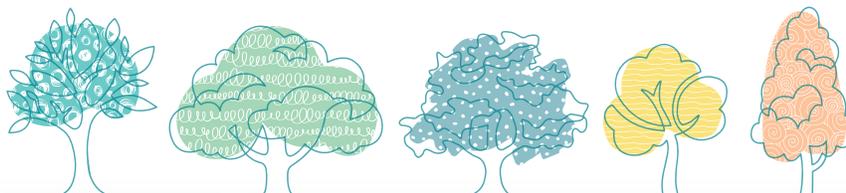
Date

If the artist is under the age of 18, please have a guardian sign here.

Parent/guardian name (print)

Parent/guardian signature

Date



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HOSTING YOUR OWN EXHIBIT

Love Your Tree is an arts-based program for people of all ages focused on cultivating self-compassion, body acceptance and positive mental well-being through creativity, community connection and self-reflection. A crucial part of the program is the creation of artwork by individuals and groups. But an even more important part is the sharing of that artwork in the virtual art gallery at LoveYourTree.org and in your local communities.

Art is powerful! Art sparks conversations, inspires new thinking and even shifts cultural perspectives. When people see, hear or read your *Love Your Tree* messages, you are planting seeds. Conversations about mental health, body positivity and self-love will start growing where they might not have before!

What's the best way to plant more seeds and reach more people?

HOST YOUR OWN LOVE YOUR TREE ART EXHIBIT! Here's how...

1. Identify a desired exhibit space and seek permission to use it.

This could be anything from a bulletin board to a campus courtyard, hotel lobby, common area at a shopping mall, local cafe or even a local art gallery. (Tip: Store owners and restaurant managers will often agree to display posters for free if they are connected to an event that brings in business for them.)

2. Identify a date and time for your exhibit opening (and closing).

This might be a one-day special event or it might mean your group's artwork is displayed in a common space for up to a month or more.

3. Establish a plan for how you will display the posters and how many you can include.

This might involve heavy-duty tape or wall-safe tape, staples for bulletin boards, easels, fancy art hangers or display panels. It's up to you to determine what works best for your space, your budget and your community. Be sure to include labels with the artist name and poster title, which can easily be printed from a home printer.

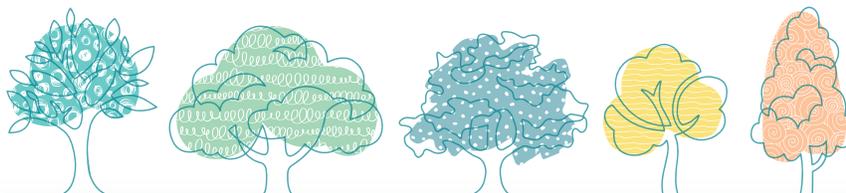
4. Recruit friends and volunteers to help you set up and clean up your exhibit.

5. Spread the word by creating a flyer or online event listing on social media or public calendars.

Start promoting your event in person (flyers, posters, invitations) and online (social media posts, calendar listings) and ask friends, family and colleagues to help spread the word.

6. One or two days before your exhibit opening, curate your *Love Your Tree* exhibit!

This generally requires help from your friends/volunteers. Larger and more complicated exhibits might require more time and effort to set up. This is also a great time to email potential guests a reminder about the event.



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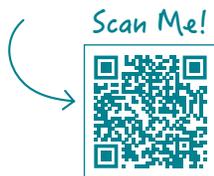
7. Host your event and have fun!

If you have a budget – or time to solicit donations – you can consider providing refreshments to your guests, playing background music or inviting a keynote speaker on mental health, body image or mindfulness to make the night extra special. Reach out to us at LoveYourTree@ERCPATHLIGHT.COM and we may be able to support you in your search.

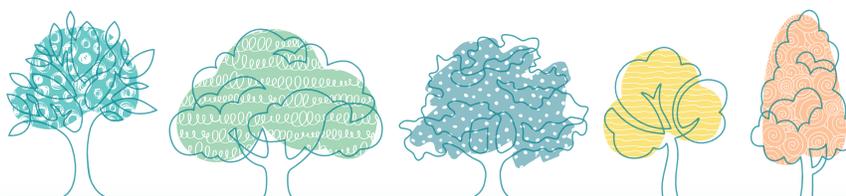
8. Take photos of your event and featured artists.

Send them to us at LoveYourTree@ERCPATHLIGHT.COM and/or post them on your social media page with **#LoveYourTree**. You can also include them in thank-you emails or cards to participants, attendees and volunteers.

9. Ask attendees to submit their artwork to our online gallery.



10. Share the thank-you letter on the following page with all attendees.



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LETTER TO PARTICIPANTS

Thank you for participating in the *Love Your Tree* workshop today!

The creative arts-based workshop you participated in is something you can do again on your own or recreate for your audience.

> **Who Can Participate?**

- Anyone and everyone.
- You can choose to participate as an individual OR host an event for your class or organization.

> **What Tools Do I Need?**

- An open, creative mind and your favorite art supplies of any kind.

> **What Do I Do Next?**

- Download the *Love Your Tree* activity worksheet.
- Host a *Love Your Tree* workshop.
- Have fun creating an original piece.
- Share the love.

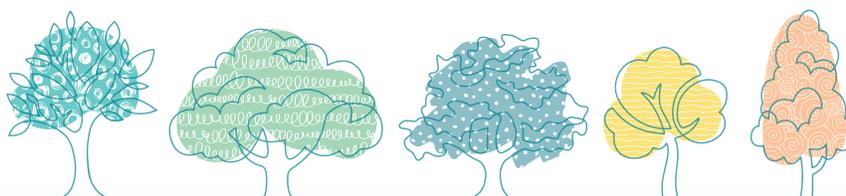
Through participation in *Love Your Tree*, my hope is that you are now encouraged to explore the tree metaphor further and share creative expressions of acceptance, gratitude for the unique form of our bodies and our lives, and the many ways in which we get stronger and heal through connection with others.

Like trees in a forest, we are strong, resilient, unique, interconnected and bring joy. How will you express this metaphor through your art?

Thanks again,

Love Your Tree Workshop Facilitator

Submit images
of your final works
of art online.



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