

Exploring Core Values: Activity #5

Create A Personal Tree Ring

For more background information, watch the youtube videos listed below:

<https://www.youtube.com/watch?v=xmZO7aRgcW4>

<https://www.youtube.com/watch?v=FAOYkx8E-Gc>

What you need to know:

- Trees grow one ring a year (in climates with 4 seasons)
- Many things can affect a tree's growth such as drought, insects, fires, temperature, humans and pollution
- Years of abundance result in more growth and wider, softer rings
- Years of adverse conditions result in smaller yet tougher and more resilient rings

Create a personal tree ring sample of your life so far. Include one ring for each year, beginning at birth. You will need to rely on stories from the adults in your life for very early years you don't remember. Which years have wider rings? Which years had more adversity and narrower rings? Which years are a combination?

Choose 3 rings to write about and describe in more detail.

How have times of abundance or times of adversity shaped your life so far?