



Roots & Shoots, a program of the Jane Goodall Institute, is a global movement of youth who are empowered to use their voice and actions to make compassionate decisions, influencing and leading change in their communities. Learn more at rootsandshoots.org



ACTIVITY: TREE OF HOPE

Visualizing the support structure that holds up your hopes and dreams

In this activity, you will draw a tree that will illustrate the root structure that supports you (the important people, things, and experiences that give you a foundation in life) and the shoots or limbs that represent the hopes and dreams you are branching out toward in your life. Start imagining your tree now...and keep it in mind as you read on.

Time Requirement:

Approximately 40 minutes

Materials:

- * Paper
- * Pen or pencil
- * *Optional:* colored pencils, markers, or crayons

1. What's in a name?

Where does the name Roots & Shoots come from?



HOW TO START:

Listen to Dr. Jane explain the ["Roots & Shoots" name origin](#)

"Roots creep underground to make a firm foundation. Shoots seem new and small, but to reach the light they can break through brick walls."

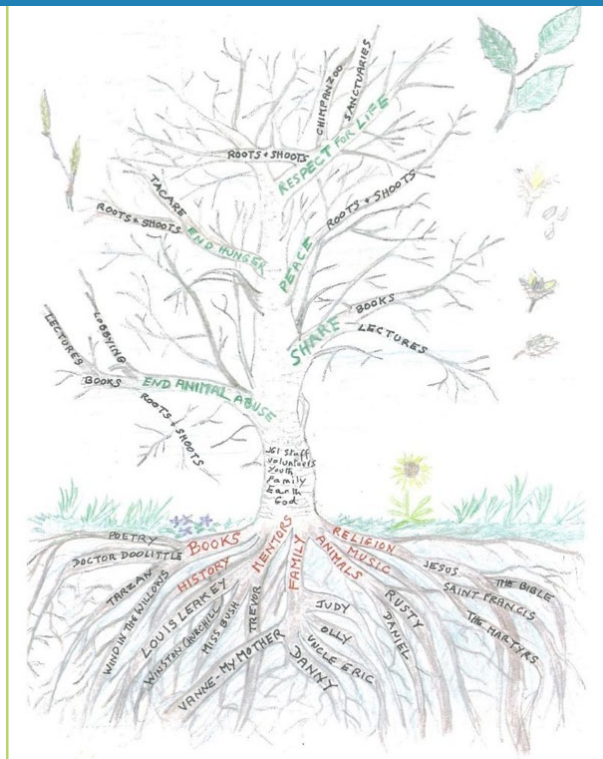
—DR. JANE GOODALL



2. Meet Dr. Jane and her Tree of Hope

Even as a young person, Jane Goodall always loved animals. She was determined to study them in the wild and write books about them. She worked hard, saved up money and at age 26, thanks to her mentor Dr. Louis Leakey, she arrived in Tanzania to study wild chimpanzees. Jane was the first person to discover that chimpanzees, our closest living relatives, have personalities, compassion, intelligence, and can make and use tools like humans! Over time, Jane realized there were many problems facing chimpanzees, humans, and the natural world. She decided to leave the forest and become an activist. Typically, she travels 300 days a year inspiring others to do good.

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Look at Dr. Jane's Tree of Hope:

Dr. Jane chose to draw a special Beech tree from her childhood home in England. Notice how she labeled the roots with her support systems and the shoots with her hopes and interests. As you look at her tree, think about a type of tree a type of tree that has special meaning to you and how you would label your own tree. Are there any parts of Dr. Jane's tree that especially speak to you? What parts of your tree differ from Dr. Jane's?

3. "Planting" Your Tree of Hope

First, choose what kind of tree you will draw and describe it in the space below.

To help decide on a tree that best fits you, think about what trees that have special meaning to you, what climate your tree is from, and if it's evergreen, fruit bearing, or seasonal.



Next, make a list of your roots. Your roots come from the things that support or interest you.

Consider the people or programs that support and inspire you, the sources you learn from, and where you go to find comfort and guidance.

Now, make a list of your shoots. Your shoots are the things you're passionate about or want to explore more. To help brainstorm this list, consider what you have been or are currently passionate about, what dreams you have for the future, and who shares these dreams.

Finally, it's time to draw and label your tree! Put all your reflections together as you create a visual of your tree showing off those things that matter most to you.

4. Share Your Tree of Hope!

Share your work on social media and tag [@rootsandshoots](#) for a chance to be featured.

