

# Spirit Trees for Ages 6 to 10 Years Old



**Two versions of Spirit Trees are provided for Grammar School children, with and without tissue paper for the leaf backdrop. While creating these trees, children of this age group can truly start to feel or imagine Spirit being absorbed into their body and mind and expressing out into the world. Practicing the tree pose, and coloring pictures of trees and their root systems can be very helpful. These types of pictures are available on the web.**

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## Materials

### **Step 1. Creating “Nutrients”**

Round clear glass tile cabochons – approximately 1” in diameter

Magazines or colored paper

Sharpie® pens

Ballpoint pen or pencil

Glitter glue

Scissors

Tissues

### **Step 2. Gluing Nutrients onto Rocks**

Large river rocks

Nutrients from Step 1

Hot glue gun

Glue sticks

Glass of water for burns

### **Step 3. Creating Trunk and Branches**

16 to 20 pipe cleaners for each tree, multiple colors

### **Step 4. Glue Tree Trunk to Rock**

Formed pipe cleaner trunk

Rock with nutrients

High-temperature hot glue gun

Glue sticks

Glass of water for burns

### **Step 5. Adding Leaves**

Tissue paper, cut in squares, approximately 12 x10 inches

Leaves or blossoms cut from cardstock in multiple colors

Sharpie® fine pen or ballpoint pens

### **Step 6. Add Glitter and other Decorations**

Glitter glue sticks

Decorations, including butterfly stickers, flower stickers, and jeweled flowers.

Glitter glue

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## Step 1. Creating “Nutrients”

Each person makes up to 3 “nutrients.” It is important to use Sharpie pens to write the words so the ink won’t smear when you glue it to the glass medallion.

- 1) Think about what soul qualities or qualities of the Divine you would like to have in your life. Ideas include: peace, love, joy, caring, creativity, strength, courage, etc. (You can focus on just one or two. Gandhi changed the world by focusing on harmlessness (ahimsa) and truthfulness (satya.)
- 2) Take a glass cabochon.
- 3) Find a magazine picture where the background color is fairly uniform and light colored, or use light colored paper. Trace around the glass cabochon and cut out the circle. Make it slightly smaller than the drawn circle.
- 4) Using Sharpie pens, write in a “nutrient” word, such as love, joy, peace, helpfulness, kindness, compassion, etc. Adults can do the writing for younger children.
- 5) Put glitter glue on face of word. Smear all around with your finger! Wipe fingers with tissues
- 6) Place glass cabochon on top of word, and press out all of the air bubbles.
- 7) Turn upside down and let dry



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## Step 2. Gluing Nutrients onto Rock

- 1) Select a rock. Remember, this represents Spirit, God! The choice of the rock is important!
- 2) Place the nutrients around the rock, spacing them out.
- 3) Hot glue the nutrients in place, using a high-temperature glue gun. Have a glass of water nearby in case of burns!
- 4) Write name on the bottom of the rock with Sharpie



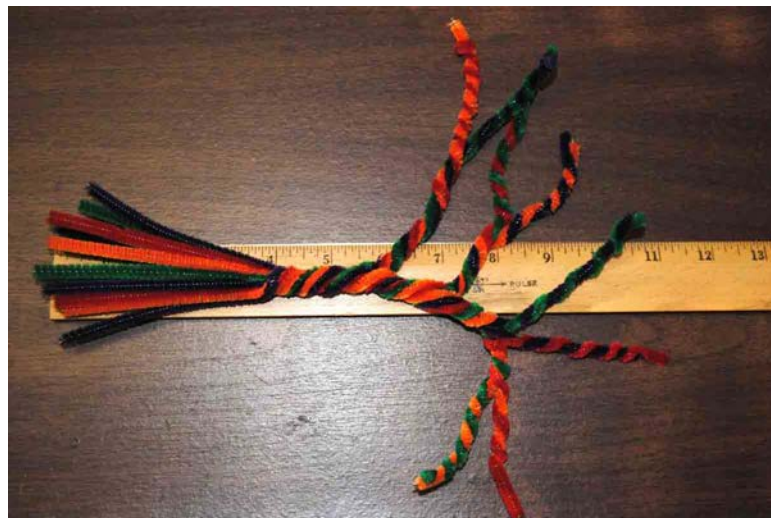
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## Step 3. Creating Trunk and Branches

- 1) Select 16 to 20 pipe cleaners. You can use multiple colors!
- 2) Starting 3.5 to 4 inches up from the bottom, start twisting the trunk together, for about 2 inches.
- 3) Separate out 3 to 4 pipe cleaners and twist these together. After an inch or two, separate them into 2 “branches” with 2 pipe cleaners each until about 1.5 inches from end. Leave those ends separate
- 4) Continue twisting the remaining pipe cleaners together for another inch so.
- 5) Branch off another 3 to 4 pipe cleaners, twisting them together at first, then separating them, and twisting into separate sub-branches
- 6) Continue twisting the remaining pipe cleaners together for another inch or so.
- 7) Separate the remaining pipe cleaners into 2 or 3 branches, twisting together until the full tree is formed.



or

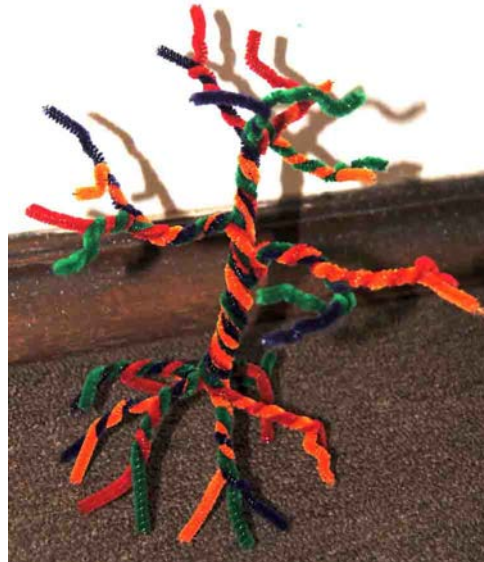


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- 8) Roots – Spread out the roots, twisting into 3 to 5 root sections, similar to branches.



- 9) Shape the top part of the tree and shape the roots to fit your rock.



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## Step 4. Glue Tree Trunk to Tock

- 1) Place the tree and roots onto the rock, molding the roots to the rock.
- 2) Lift one root at a time, and using the high-temperature glue gun, glue the root to the rock. Make sure you have a cup of hot water near by in case of burns!
- 3) Be sure to glue the tips of the root down, so they will not poke you!



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## Step 5. Adding

**Leaves** – Two options for leaves are given, with a tissue paper backdrop, and without



### I. Tissue Paper Backdrop for Leaves

- a. Take one or two pieces of tissue paper, approximately 12"x 10" large. Crumple them up a bit slightly, turning the straight edges under. Uncrumple them slightly, and then form them over the branches.
- b. Poke the end of the branches through the tissue paper, and then bend the tip of the branch sideways or down, to secure the tissue paper.
- c. Make sure all edges do not look like a cut edge. You can crumple up the paper a little bit more to alleviate straight edges!



### II. Adding leaves

- a. Cut about 15 to 30 leaf or blossom shapes from cardstock. Cut more if you did not use the tissue paper backdrop.
- b. On many of the leaves or blossoms, write words that describe how Spirit expresses in your life, example – love, friends, joy, creativity, writing books, drawing, math, music, games, etc.
- c. If you used tissue paper, you can glue the leaves and blossoms on with glitter glue.
- d. If you did not use tissue paper, glue the leaves and blossoms on with a low-temperature hot glue gun





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## Step 6. Adding Fruit, Glitter and Butterflies

- 1) Add sticker jewels and other decorations, if desired. Or glue jewels on using glitter glue. You can put a small amount of glue in a cup, use a paintbrush to apply onto jewel, and place on leaves. - These represent the fruit of our life, our gift to the rest of the world! Our fruit is available to the world when we do the work of absorbing Spirit into our body and mind
- 2) Add glitter onto leaves.
- 3) Place Butterfly stickers on tree!



**Enjoy!**