

Samples from Stress Tree Projects

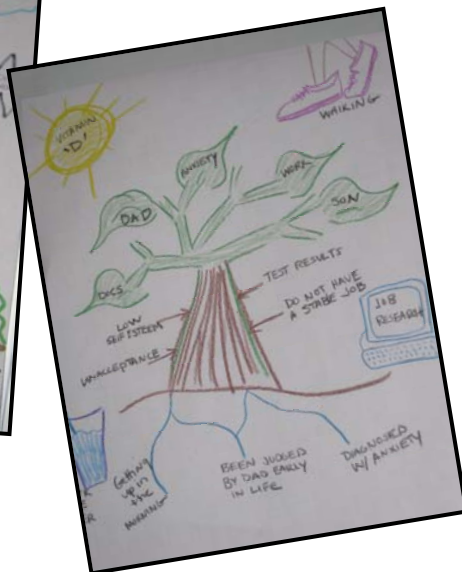


College Transitions Class, Sumner



Adult Education, Sullivan, Maine

Building a Tree of Knowledge project based on the [stress tree template](#) provided students with the opportunity to move beyond the classroom discussions and reflections about managing stress to a visual and deeply personal expression of their growing stress management awareness. Many students commented about their family involvement in their tree of knowledge project. Here are some photos. Sally Daniels, College Transitions teacher



Rather than doing a group stress tree, I had each student create his or her own tree. If a stressor was a certain individual in their lives, I had them use initials. They surrounded the tree with the techniques that they have learned and would like to implement. One student symbolized a stress reduces by placing a swing on her tree. We then hung them up and had a gallery walk.

Linda Snow, Vermont Adult Education, Colchester, VT



Group Stress Tree, Project Hope, Roxbury, MA. For a description on using stress trees, please see Jeymi Arroyo's [lesson plan](#).



Stress Tress from Jeri Bayer's ESOL Class, The Welcome Project, Somerville, MA.