



**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](https://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.

