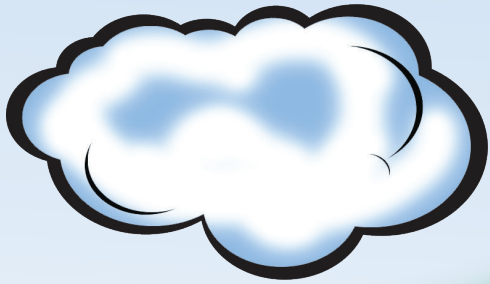


# The Little Tree



Written by



Illustrated by  
Zainab A.



# *The Little Tree Book*

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A trauma-Informed book that can be used as a tool for meeting an individual where they are in their experience.

Authored by:

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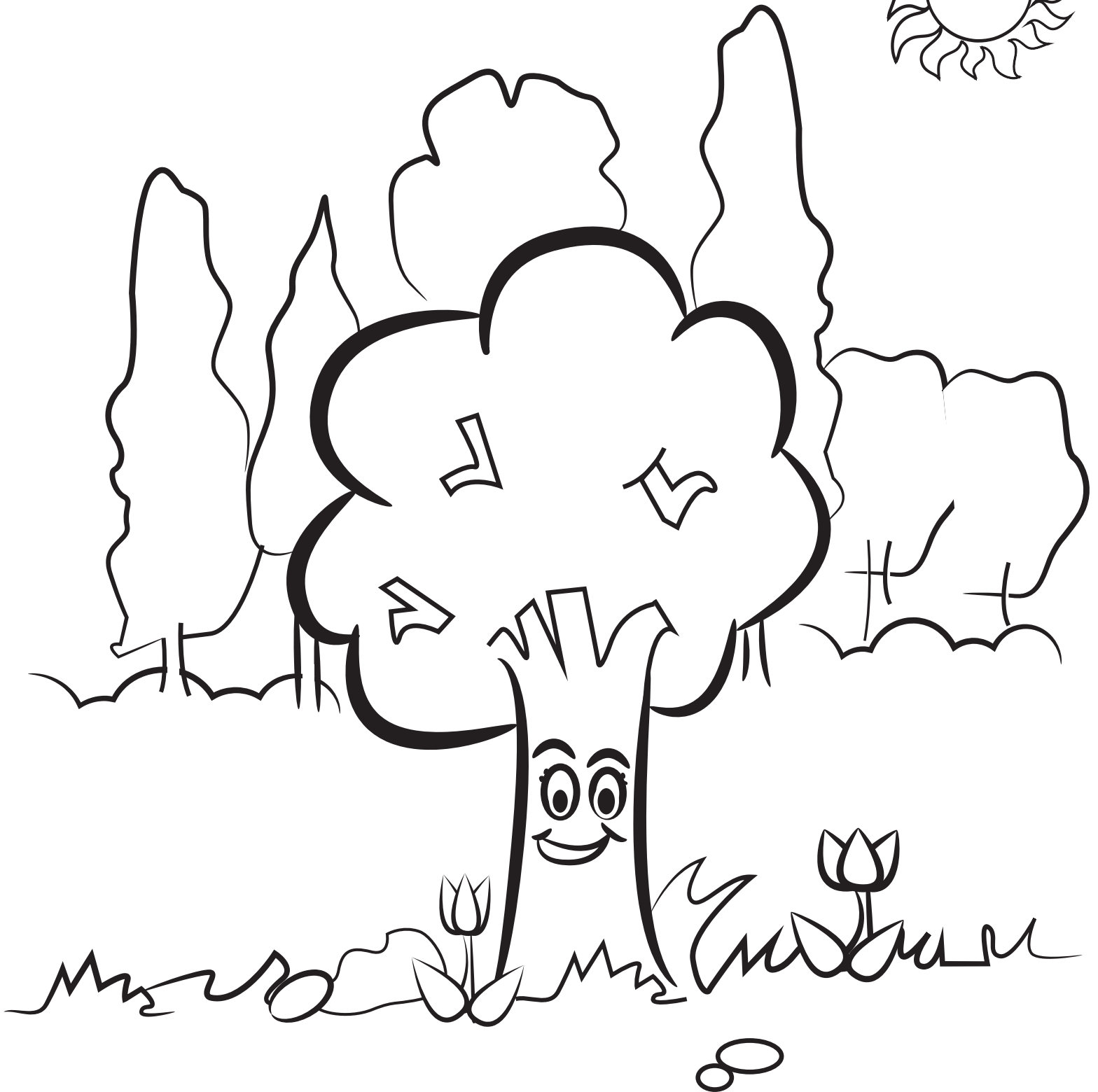
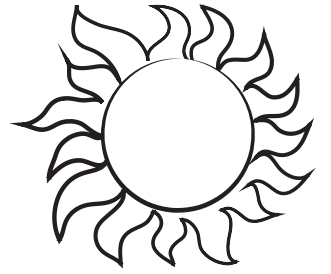
Illustrator:

Zainab A.

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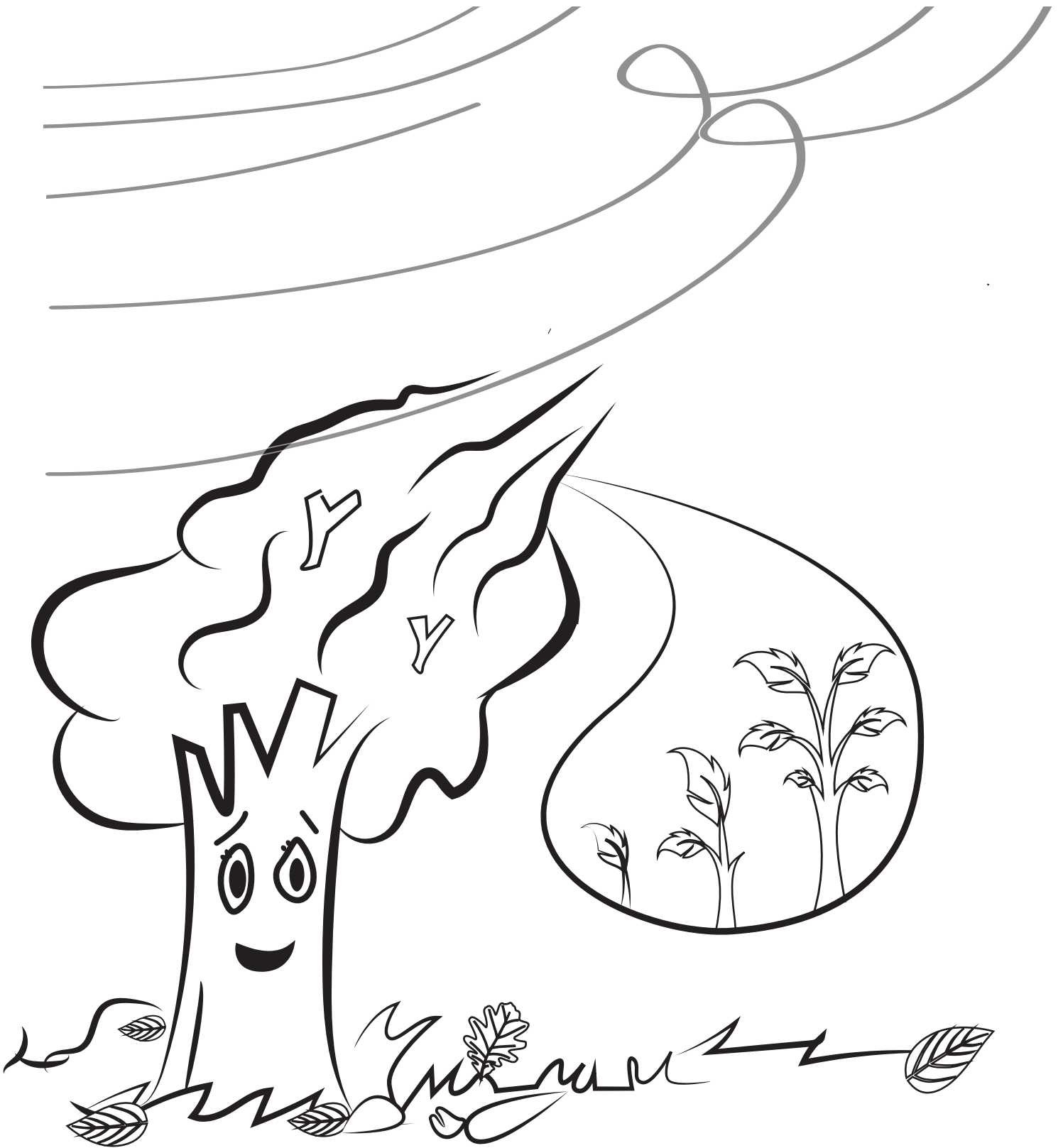
Once upon a time there was a little tree.



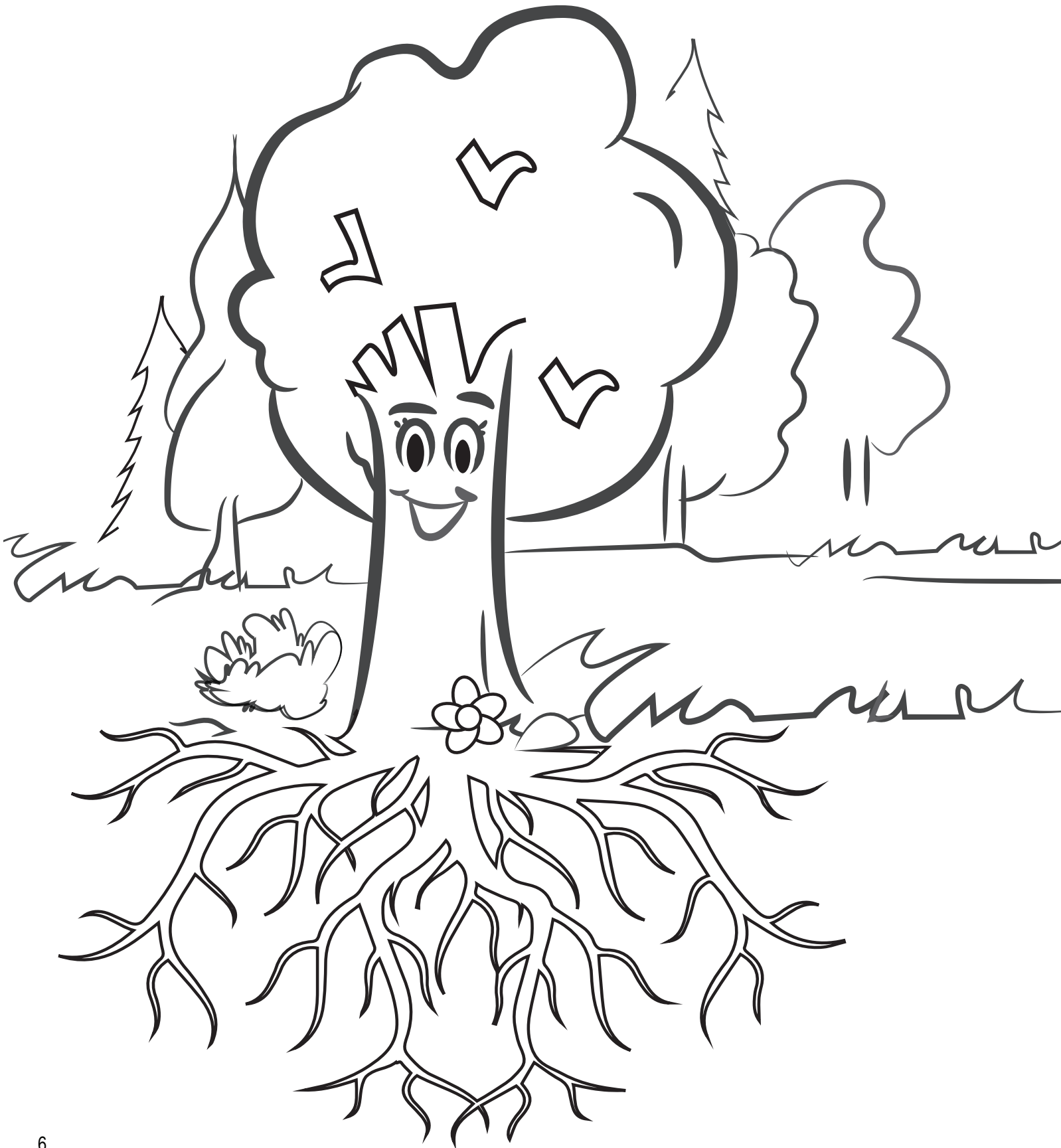


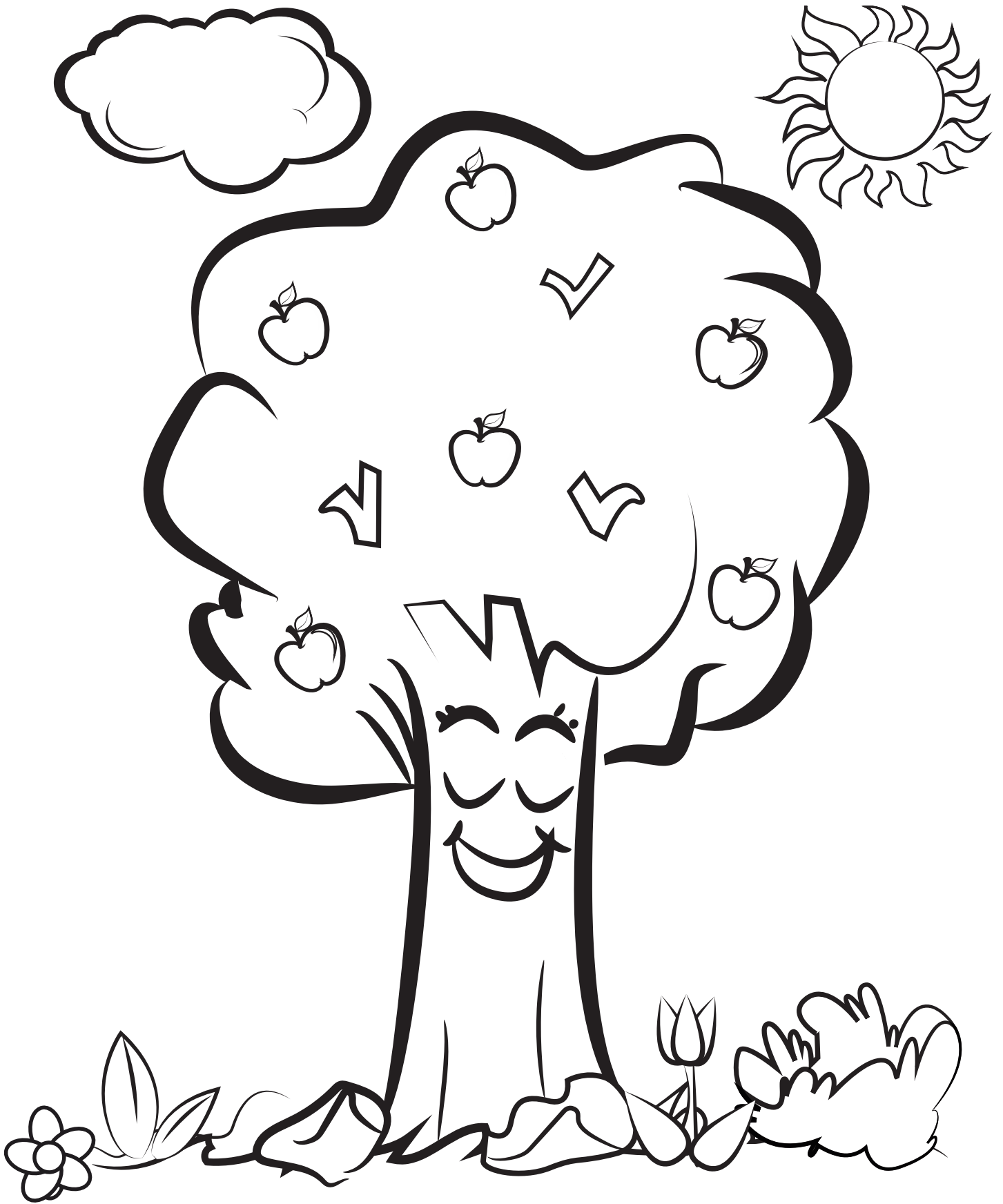
**A big storm came and the little tree had to move away from its' home. The little tree was scared.**

But the little tree remembered how strong it was...

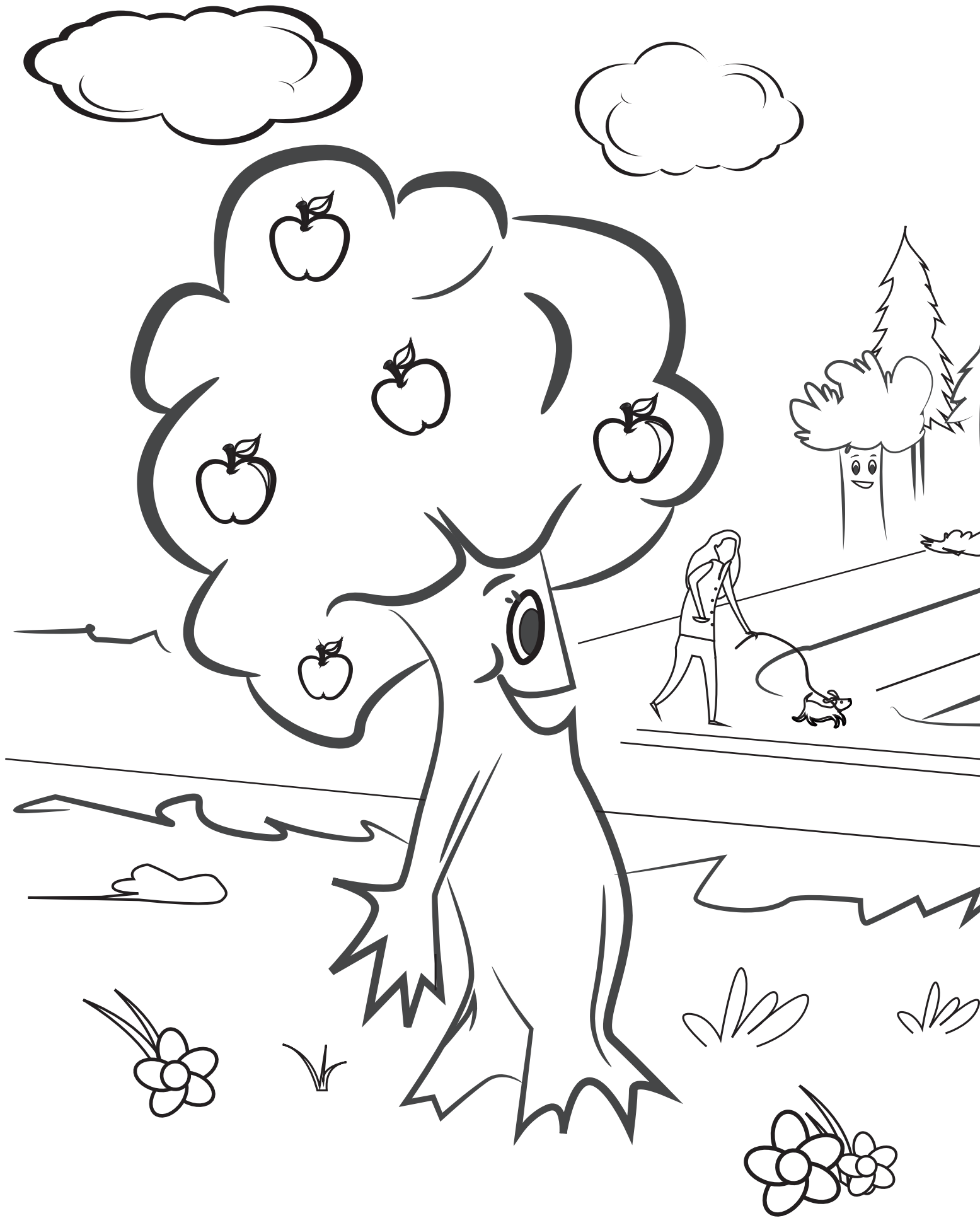


The little tree grew taller with deep roots.





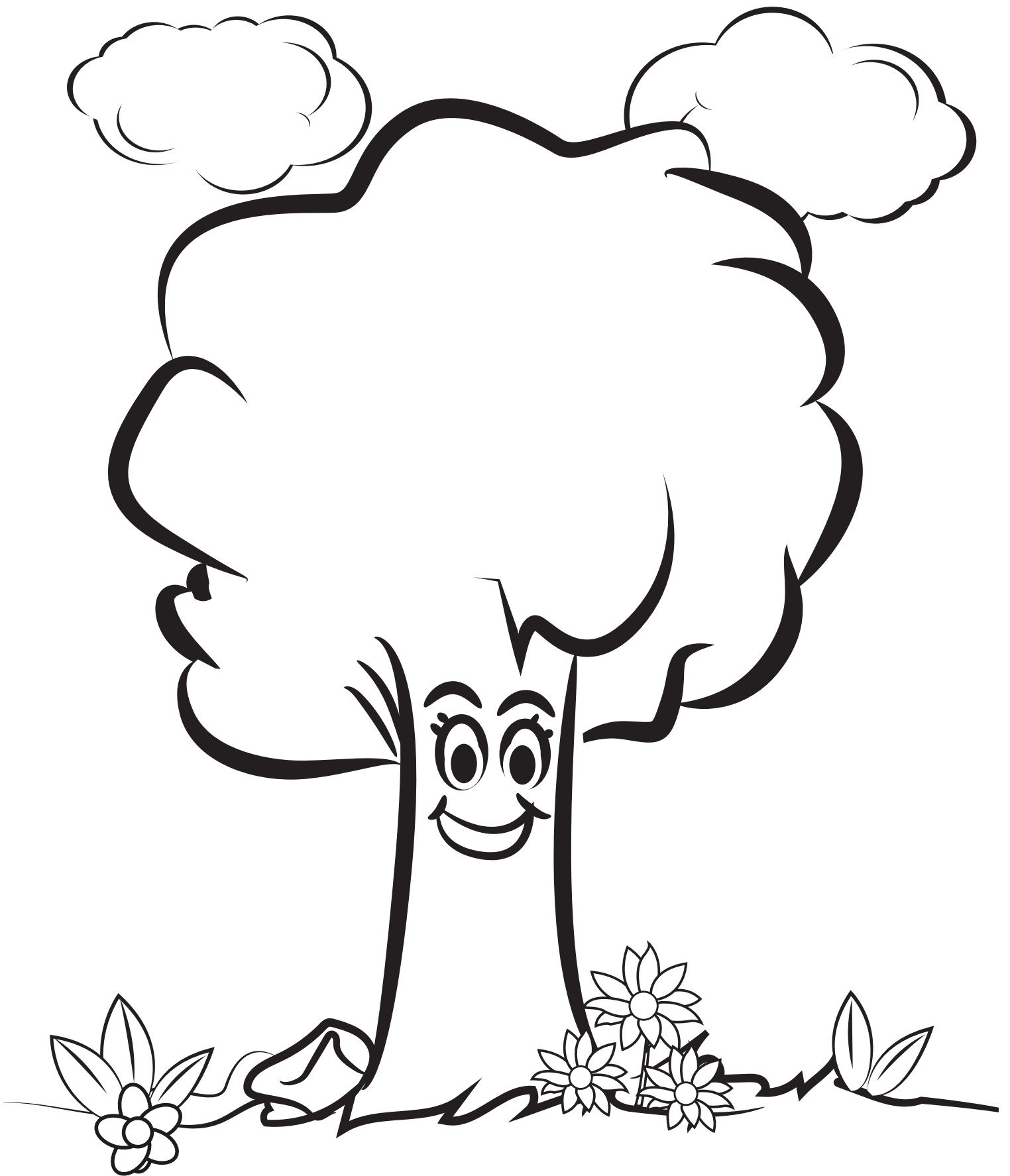
The little tree also grew hopes and dreams for the future.







**After sometime, the little tree found a  
new safe place to call home.**



**Draw your hopes and dreams for your future.**

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# The End

And a new beginning...

**Purpose:** This book and activity was created in a response to working with refugees fleeing Afghanistan in August of 2021. Storytelling is one of the most creative ways to reach the sub-cortical brain for the purposes of healing from trauma. We knew we wanted to create a story that acknowledged the symbolic journey of a refugee and also the trauma and shock that can accompany it.

**Who is this book meant for?** Although this was created for Afghan refugees, whave found the story will hold true for many individuals that find themselves in a place of transition from “home”.

**When could we use this book?** This book could be used in an english as a second language classroom, small group classroom discussion, and other educational opportunities for school.

**Why is this book important for refugees?** The tree is not only a symbol of their journey but a reflection of their strength, hope and resilience. The refugee sees himself in the tree as a mirror and is called to action in the end pages.

**Why is this book important for use in schools?** Using a Trauma-Informed book is a tool for meeting an individual where they are in their experience. The Little Tree book is a guide to do just that. The book and tree become a witness for the youth refugee and that can remove a part of the barrier that trauma can hold.

**How to use this book?** Introduce the reason why you are reading this book. (Ex. “Like many of you, the Little Tree endured an incredible journey to be here today”). Use age and developmental appropriate language. If you have refugee youth in your class, pay attention to their emotional and behavioral cues as this may unlock unresolved feelings. Be sure to allow “pauses” while reading the book so the children can reflect what’s being read.

Though the book may have brought up unresolved feelings, you will follow up when coming to the end of the story. Ask about thoughts and feelings about the story. Have copies on hand of the last page in the book and allow the students to answer the call to action of writing or drawing their hopes and dreams as they also color this page. If time permits have students show their work and discuss what they have done. This brings the sub-cortical brain to the neocortex.

Lastly, if a child chooses to come to you to further disclose or becomes disruptive in behavior, it would be beneficial to refer the child to a trauma-informed counselor.



[www.artofthesoulstudio.org](http://www.artofthesoulstudio.org)

This book is dedicated to all who find themselves displaced from home.

