

# WISH TREES

**What are your wishes  
for the months ahead?**

**What hopes and dreams are  
in your heart right now?**

**Send them out into the world  
by creating a Wish Tree!**

## **What is a Wish Tree?**

Practiced in several cultures around world, Wish Trees are created by writing, drawing, or otherwise communicating ones wishes, hopes, and dreams onto ribbons, notes, or other symbolic items and attaching those offerings to trees in hopes of one's longings coming true. In some parts of the world, they are called May Bushes, as they appear on and around May Day, May 1<sup>st</sup>, as a way to pay homage to the exuberance of earth and celebrate its rebirth as the weather warms and life flourishes.

## **Why Trees?**

It's interesting that this tradition exists in so many different cultures. Perhaps it is because the tree is a universal symbol of life, strength, wisdom, and longevity. Many people throughout the years have believed trees to possess magical and spiritual properties, while others have honored them simply for the wonderful earth-heroes they are. Above all, trees know how to adapt to this world, and survive, all the while making everything near them flourish.

## **How do I create a Wish Tree?**

Wish Trees can be created with trees, bushes, or even just a few sticks placed in a vase! Wish Trees are more than just a beautiful craft- They are a metaphorical way to begin a new season full of hope!



## MATERIALS

Ribbons  
Paper  
Writing Utensil  
Tree, Bush, Branch, or Twigs  
Hopes and Dreams!

*Tip: If you don't have ribbons, consider tearing up fabric from old clothes, table cloths, scarves, or curtains~*

## STEPS

Gather your materials! Decide if you want to tie ribbons to your tree, write notes and hang them on your tree, or both. If you wish to write notes, any pencil, pen, or marker will work. If you have a tree on your property that you would like to designate your Wish Tree, this is a lovely way to visit your wishes every day when you walk outside. If you do not, or prefer to have your Wish Tree indoors, simply go for a walk in your neighborhood and gather fallen branches and sticks! If you're lucky, you may find a large fallen branch that can be used as your tree. If you cannot find a branch, however, simply gather numerous sticks- The longer, the better! Bring your branches and/or sticks inside and choose a way to contain them- You may place them in a vase, in a pot of dirt, rocks, or marbles, or whatever creative way you choose. If you have a whole branch, you can even try standing it up on the ground, and holding it in place with bricks or large rocks at its base. Finally, begin making your wishes! If you are using ribbons, every time you tie a ribbon onto the tree, close your eyes and make a wish. This can be done silently or aloud. If you are using notes, write or draw your wish onto a piece of paper, and place it on the tree- This can be done by tying the papers onto the tree, or simply folding them up and positioning them within its branches.





## A WISH TREE CAN BE MADE ANY TIME OF THE YEAR!

While this is a May Day tradition,  
Wish Trees are a joyful way to  
spark inspiration  
any time of the year.  
Consider tying  
a new wish  
to your tree  
each day!



### LET'S STAY CONNECTED!

We'd love to see photos of your  
family doing

At-Home Nature Adventures!

Post your photos and videos on

Instagram and Facebook

using our hashtags

**#LAArboretumKids** and

**#LAArboretumAtHome**

for a chance to be featured on our  
social media pages.

Don't use social media? Just email

us your footage at

[brooke.applegate@arboretum.org](mailto:brooke.applegate@arboretum.org).

