

Wisdom In The Weeds

An Activity Sheet For Gardeners of ALL Ages



You Are a Gardener®

The Gardener's Promise™

In every weed, there is wisdom.

In every seed, there is possibility.

In every gardener, there is the power to bloom and the strength to grow.

Part 1: Pull a Weed + Find the Wisdom

Write or draw a recent “weed” (challenge, tough emotion, or stressful moment) you’ve experienced. Then ask:

What did this weed teach me? ➡ (Write or draw your answer underneath)

Part 2: Plant a Possibility Seed

What’s one positive choice, action, or thought you can plant today that could help you grow? (A kind word, creative idea, a calming breath) ➡ (Write or draw your seed of possibility)

Part 3: Bloom Board: Your Strength to Grow

In the petals of a flower, write or draw words that describe your strengths.

(Examples: brave, creative, kind, calm, hopeful) ➡ (Draw a flower and fill in each petal!)

