



Inner Energy Garden Map:

A creative reflection activity to help gardeners of all ages explore how thoughts and feelings grow and flow from the inside and out.



You Are a Gardener®

1. Seed of Thought 🌱

Think of something you've been thinking about today or this week. What's one thought that stood out to you? Write it or draw it in the box below.



2. Plant a Feelings Flower 🌸

Draw a flower with petals. In each petal, write or draw one word or image that shows how you felt when you had that thought.

3. Outward Bloom 🌼

How did this energy show up outside of you? Even small shifts in your body, words, or actions are part of your energy blooming outward.

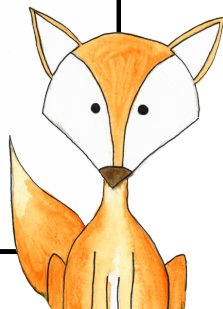


4. Shift & Grow ✨

What gardening tool helped you shift your energy—or what could help next time? Write or draw something that helps you feel more calm, confident, or creative.

5. My Gardener Reflection 🌟

How did this experience help you understand your energy and how it flows?





Inner Energy Garden Map:

A creative reflection activity to help gardeners of all ages explore how thoughts and feelings grow and flow from the inside and out.



You Are a Gardener®

1. Seed of Thought 🌱

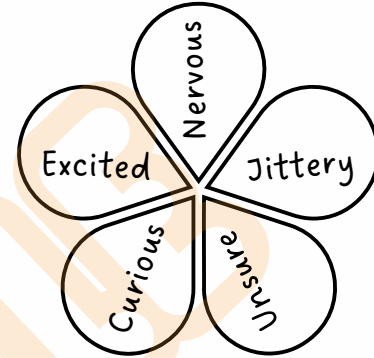
Think of something you've been thinking about today or this week. What's one thought that stood out to you? Write it or draw it in the box below.

I'm nervous about trying something new.



2. Plant a Feelings Flower 🌸

Draw a flower with petals. In each petal, write or draw one word or image that shows how you felt when you had that thought.



3. Outward Bloom 🌼

How did this energy show up outside of you? Even small shifts in your body, words, or actions are part of your energy blooming outward.

Check all that apply:

- ☒ My facial expression changed
- ☐ I said something
- ☐ I did something
- ☒ I moved my body a certain way
- ☒ Something else:
I avoided starting and stayed in my comfort zone



4. Shift & Grow ✨

What gardening tool helped you shift your energy—or what could help next time? Write or draw something that helps you feel more calm, confident, or creative.

I told myself it's okay to feel scared and still try. I took one tiny step forward, even if I wasn't sure. That helped my energy feel a little less stuck.

5. My Gardener Reflection 🌟

How did this experience help you understand your energy and how it flows?

I learned that when I push myself to try something new, my energy starts to move from stuck to strong. Taking that first step helps me grow—even if I still feel a little unsure.

