

★ Pop Quiz for Gardeners



You Are a Gardener®

Circle your answers or just think about them.
Every answer helps you grow!

1. What are flowers?

- (A) Things that make us feel happy and good inside
- (B) Only plants in a garden
- (C) Something we ignore

2. What are weeds?

- (A) Problems we should hide
- (B) Feelings, thoughts, or situations that feel hard
- (C) Something only adults have

3. What are seeds?

- (A) Positive choices and actions we take
- (B) Something we can't control
- (C) Only something you plant in dirt

4. What are gardening tools?

- (A) Only tools like shovels and rakes
- (B) Things we can do to help ourselves feel better and move forward
- (C) Something we only use when things are hard

5. What does it mean to "pull your weeds"?

- (A) Ignore what's going on
- (B) Notice what's going on and take a positive step forward
- (C) Pretend everything is fine

6. Check the gardening tools you can use.

- Talk to someone you trust
- Take a break and breathe
- Ask for help
- Be kind to yourself
- Use a gardening tool that helps

7. How do we grow our garden?

- (A) Notice our flowers
- (B) Pull our weeds
- (C) Plant positive seeds
- (D) All of the above

8. Your Turn!

One flower I notice today is: _____

One tool I can use today is: _____

One positive seed I can plant is: _____



Remember:

You are a gardener.
Use your tools, pull your weeds,
and do your best to plant positive seeds.

