



You Are a Gardener®

#PullYourWeeds® Assemblies

KINDER KIDS
BRIGHTER SCHOOLS
STRONGER
COMMUNITIES



ROOTED IN EMOTIONAL EMPOWERMENT
PLANTING SEEDS OF KINDNESS, EMPATHY, AND PERSONAL GROWTH

An Engaging, Interactive Assembly for Students K–8

Our #PullYourWeeds® assemblies inspire students through engaging activities, discussions, and real-life examples rooted in emotional regulation, building confidence, and planting seeds of kindness, empathy, and personal growth.

Students learn healthy, relatable “gardening tools” they can use at school, at home, and in their everyday lives.

Each 35–40 Minute Assembly Includes:

-  A reading of You Are a Gardener®
-  Gardener vocabulary and mindset
-  Healthy, relatable gardening tools rooted in confidence, calm, and connection
-  Engaging activities and discussions that cultivate empathy and kindness
-  Gardener giveaways for every student
-  A signed copy of You Are a Gardener® for the school library
-  Digital certificates and educator resources, including printables and helpful links

Pricing

Pricing varies based on school size, location, and number of assemblies.

Pricing starts at \$1,800.

We recommend keeping each assembly group to approximately 250 students or fewer to create a more connected and engaging experience.



Keep It Growing Book Campaign

Each participating school receives a personalized You Are a Gardener® book purchase link to share with families and the school community.

10% of sales through your school's link is donated back to the PTA.

We provide all of the marketing materials, ready to print and share!

Let's Grow Together

We'd love to bring the #PullYourWeeds® assembly to your school and help plant seeds of confidence, kindness, and positive change!

SMALL TOOLS.
BIG CHANGE.



Shanna Truffini



flowers@youareagardener.com



youareagardener.com



201-317-6070



You Are a Gardener®

School Reviews

REAL SCHOOLS. REAL IMPACT.

KINDER KIDS
BRIGHTER SCHOOLS
STRONGER
COMMUNITIES



“

“The students were very engaged and loved the assembly! The lessons helped them understand feelings a bit more. Overall, I highly recommend this assembly to any school or group of students.”

— CHRISTINE CHURCHILL
1ST GRADE TEACHER

“

“Thank you so much for coming! The kids loved the assembly and there were many important messages which fit seamlessly with our character education curriculum. We appreciate the PTA for coordinating such a fabulous program.”

— MS. ALEXA CASE
SCHOOL COUNSELOR

“

“Your presentation was informative, fun, and highly engaging for the children. The mother, daughter, and son team did an excellent job presenting the material in a way that was both meaningful and enjoyable, truly capturing the students' interest.”

— GRACE CONNELLY
ELEMENTARY SCHOOL TEACHER

“

“This morning was a beautiful reminder of the power of positivity and kindness, even for our littlest learners. The message of kindness and empathy reminded everyone, even the adults, to stay positive and support one another.”

— MEGAN MCNALLY
PRINCIPAL, IRVING PRIMARY SCHOOL

“

“We actually are using your breathing technique in class! Love the Pull Your Weeds and Plant Seeds message. It's very uplifting!”

— TISHA DAVIS
2ND GRADE TEACHER

“

“Thank you for your presentation last week. The students had made origami foxes and decorated their 'Consideration of Others' board with them. You made a significant impact, and I look forward to discussing more with you in the future.”

— MS. ASHLEY TABOR
HEAD OF LOWER SCHOOL, THE PECK SCHOOL

PLANTING BRIGHTER TOMORROWS, TOGETHER.



Shanna Truffini



flowers@youareagardener.com



youareagardener.com



201-317-6070



You Are a Gardener®

The #PullYourWeeds® Experience

ROOTED IN EMOTIONAL EMPOWERMENT,
PERSONAL GROWTH & POSITIVE CHANGE

KINDER KIDS
BRIGHTER SCHOOLS
STRONGER
COMMUNITIES



An Engaging, Interactive Program for Students K-8

Our #PullYourWeeds® program inspires students through engaging activities, discussions, and real-life examples rooted in emotional regulation, building confidence, and planting seeds of kindness, empathy, and personal growth.

Students learn healthy, relatable “gardening tools” they can use at school, at home, and in their everyday lives.

Students dig into & explore:

Emotional awareness and learning how to grow through their “weeds”

Healthy, relatable “gardening tools” for everyday growth and emotional well-being

Building confidence and self-awareness

Cultivating empathy, resilience and emotional strength

Spreading seeds of kindness and connection

Discovering how small shifts can lead to positive growth

The Gardener Mindset™

A simple, relatable language rooted in gardening vocabulary and metaphors that helps students understand and communicate what they are feeling.

FLOWERS	our joy, gratitude and the good things growing in our lives
WEEDS	our worries, stressors and challenges
GARDENING TOOLS	healthy ways to grow through our emotions
SEEDS	the positive shifts that come from using our tools, helping us feel calmer, more hopeful, confident, prepared and ready to grow



Bring the #PullYourWeeds® Program to Your School

LET'S PLANT SOMETHING THAT KEEPS GROWING
LONG AFTER THE ASSEMBLY ENDS.

GET YOUR SCHOOL
ON OUR SCHEDULE TODAY.



Shanna Truffini



flowers@youareagardener.com



youareagardener.com



201-317-6070