



## 🌸 What Are Flowers?



You Are a Gardener®

### Flowers = Joy & Gratitude

*Flowers are the positive feelings, moments, and experiences that make us feel happy, bright, and good inside.*

They help us notice what's going well and remind us of the good things in our day.

- ✓ Joy
- ✓ Laughter
- ✓ Gratitude
- ✓ Confidence
- ✓ Accomplishments
- ✓ Supportive relationships

\*When we notice our flowers, we water them. The more we water them, the more they grow.

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## 🌿 What Are Weeds?



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### Weeds = Challenges & Stress

*Weeds are the negative thoughts, feelings, and situations that make us feel stuck, overwhelmed, or disconnected.*

We all have weeds sometimes, and that's okay. When we notice them, we can talk about them, get help, and learn how to grow through them.

- ✓ Feeling Nervous
- ✓ Worrying
- ✓ Comparison
- ✓ Peer pressure
- ✓ Negative self-talk
- ✓ Feeling left out

\*Weeds can show us where we need support and help so we can grow stronger.

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## What Are Gardening Tools?



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### **Gardening Tools = Positive Ways to Help Ourselves**

*These are the skills, activities, & exercises we use to manage stress, build confidence, and feel calm and grounded.*

Gardening tools help us feel calm, confident, creative, and connected.

- ✓ Talking it out \*The more tools we learn and try,
- ✓ Writing what we're grateful for the more they support us along
- ✓ Deep breathing or or quiet time the way.
- ✓ Taking a break from screens
- ✓ Moving our body or resting
- ✓ Setting a goal or making a plan www.youareagardener.com



## What Does It Mean to Pull Your Weeds®?



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### **Pull Your Weeds = Grow Through What You Go Through**

*Pulling your weeds means taking time to notice what's challenging you and choosing to do something healthy to grow through it.*

It's about noticing what's going on, talking it out, and taking a positive step forward.

\*Remember:

- ✓ Talk to someone you trust You are a gardener,
- ✓ Use a gardening tool that helps always growing and
- ✓ Take a break and breathe learning along the way.
- ✓ Ask for help
- ✓ Be kind to yourself
- ✓ Replace a negative thought with a positive one www.youareagardener.com





## What Does Weeds to Seeds Mean?



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### Seeds = Growth

*Seeds are the positive choices and actions we take to help ourselves grow.*

They help us move forward, keep going when things feel hard, and make positive changes.

- ✓ A new perspective \*Turn your weeds of stress into
- ✓ A healthy habit seeds of success!
- ✓ Learning from a mistake
- ✓ A goal or a plan
- ✓ Discovering a helpful gardening tool
- ✓ Trying again and not giving up www.youareagardener.com



## ☀️ Recap: You Are a Gardener!



You Are a Gardener®

### Your Garden, Your Growth

*You are the gardener of your own garden.*

*You decide what grows.*

Every thought, feeling, and action is part of your garden.

\*Your garden grows with every

- ✓ Pay attention to the feelings that pop up—flowers & weeds choice you make. Use your
- ✓ Do your best to pull your weeds gardening tools, pull your weeds,
- ✓ Use your gardening tools and do your best to plant positive
- ✓ Keep planting positive seeds seeds.
- ✓ Turn your weeds into seeds www.youareagardener.com

