



You Are a Gardener®

The 4C's of Gardening™

Gardening Tools to Help You Dig Into Each C

In each box, write or draw the gardening tools that help each of the 4 C's grow stronger—Confidence, Creativity, Calm, and Connection.



Gardener Foxie's Tip: After you fill in the boxes, keep this sheet on the fridge, in a journal, or in the classroom to remind you of the tools that help you grow.

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Confidence

- Practicing positive self-talk or mantras
- Trying something new (recipe, activity, hobby)
- Setting boundaries and speaking up
- Movement that connects us to strength (stretching, posture, walking)

Creativity

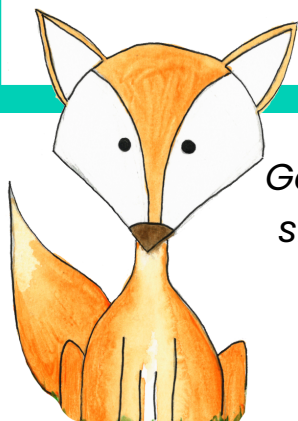
- Drawing or painting
- Storytelling or writing
- Free-writing or journaling
- Creating vision boards or passion projects

Calm

- Taking slow, deep breaths
- Spending quiet time in nature
- Listening to calming music
- Practicing gratitude or stillness
- Stretching gently or resting your body

Connections

- Journaling to check in with yourself
- Sending someone a kind note or letter
- Taking a mindful walk outdoors
- Talking with someone about a shared interest or goal



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