



You Are a Gardener® Presents



the  
#PULLYOURWEEDS®

WORKSHOPS/ASSEMBLIES &  
ONE-CLICK SEL PROGRAM

Dig into raising a new generation of  
emotionally empowered kids!

[www.youareagardener.com](http://www.youareagardener.com)





You Are a Gardener®

To Whom It May Concern,

I hope this package finds you well. My name is Shanna Truffini and I am the Creator of the #PullYourWeeds® Social-Emotional Learning (SEL) Programs and author of the children's book You Are a Gardener®. Thank you for taking the time to read about my journey to help a raise a new generation of emotionally empowered kids! As you know, powerful, positive and impactful SEL programs in schools (and at home) are needed now more than ever.

The message of my children's book You Are a Gardener® uses gardening vocabulary as emotional metaphors to help young children identify, communicate and manage life's everyday stresses through an empowering process. Over the years what started out as children's book rapidly flourished into an entire SEL platform dedicated to empowering children, families and educators with positive 'gardening tools' to overcome uncomfortable feelings and emotions and 'grow' forward feeling confident and calm.

My #PullYourWeeds® workshops and assemblies are designed to empower grade school children with the tools, vocabulary and mindset to positively manage stress. Activities such as grounding exercises and mindfulness techniques are offered as coping vehicles and we always end each session with a fun craft or activity. Our foundation is rooted in and encourages empathy, inclusivity, self-compassion, conflict-resolution skills, self-confidence, relationship skills, self-awareness and more!

I recently introduced a new, impactful component to my #PullYourWeeds® Program and created a 'One-Click SEL' service for teachers. Every school that signs up receives a private web link with easy access to grab & go resources for teachers to successfully implement the #PullYourWeeds® Program and plant positive SEL seeds in their classroom all year round. The program features morning meeting ideas, classroom games, activity sheets, crafts, mindfulness activities, grounding exercises, videos and more...& it's all just one-click away.

I would love the opportunity to spread some seeds at your school. We are now booking assemblies, workshops and virtual demos of our 'One-Click' SEL Program. I am readily available for in-person meetings, phone calls or Zooms to answer any questions you may have. I look forward to hearing from you.

All my best,  
Shanna Truffini  
201-317-6070  
flowers@youareagardener.com

 Shanna Truffini





You Are a Gardener®

## **The You Are a Gardener® Platform & SEL Programs Are Rooted In:**

- ✓ CHILDREN EMBRACING & UNDERSTANDING THAT THEY HAVE THE POWER TO CONTROL THE WAY THEY FEEL.
- ✓ EMPOWERING CHILDREN WITH GROWTH MINDSET TOOLS AND MINDFULNESS ACTIVITIES TO HELP MANAGE STRESS & NEGATIVE EMOTIONS.
- ✓ HIGHLIGHTING SELF-EMPOWERMENT, SELF-COMPASSION AND SELF-CONFIDENCE.
- ✓ KEEPING THE LINES OF COMMUNICATION OPEN BETWEEN CHILDREN AND TRUSTED SOURCES.
- ✓ STRENGTHENING AND BUILDING POSITIVE CONFLICT/RESOLUTION SKILLS.
- ✓ ENCOURAGING EMPATHY, INCLUSIVITY AND RESPONSIBLE DECISION MAKING.

**Read Our #PullYourWeeds® Blog,  
Watch Our Hello Gardeners® Video Series,  
Download Free Resources & More:**

[www.youareagardener.com](http://www.youareagardener.com)





You Are a Gardener®

## **PROGRAMS & SERVICES**

(Pricing depends on school size/location/ services requested)

### **In-Person #PullYourWeeds® SEL Assemblies/Workshops Grades K-8**

#### **Program Details:**

Empowering children with 'gardening' vocabulary and positive tools to help them grow forward feeling confident & calm. Rooted in self-compassion, inclusivity, mindfulness, empathy, confidence building, self-control, coping strategies & more. (We highly recommend multiple assemblies/workshops throughout the school year to nurture the roots of the program.)

#### **Program Structure:**

- Book Reading & Intro of the You Are a Gardener® Mindset & Vocabulary (encouraging children to feel confident with the foundation of the program)
- A 'Weeds to Seeds' Story From a Peer Gardener -(builds conflict/resolution skills, encourages empathy and creates open communication with a cognitive thinking process )
- Introduce 2-3 New 'Gardening Tools' -(deep breathing techniques, grounding exercises, mindfulness activities, origami, DIY projects, & more)
- All students will receive a gardener giveaway & digital Certificate of Accomplishment

### **'One-Click' SEL Program For Teachers**

-This service allows your staff access to a private web link featuring everything a classroom needs to meet your school's weekly/monthly/yearly SEL needs. Our One-Click SEL program features 'grab and go' resources to support a successful and thriving SEL environment, from games & activities, morning meeting topics, pre-recorded videos, crafts, mindfulness & grounding exercises, visual aids for classrooms and more! All materials are rooted in the You Are a Gardener® vocabulary, mindset and foundation of our platform. (Book A Demo Today)

-This also includes a 15 minute pre-recorded training video for your staff to watch at their convenience or training can be done in-person.

### **Family Workshops In-Person or A Pre-Recorded Video**

-Keeping the lines of communication open between home and school plays a vital role in the success of every student. Our family workshops can be done in-person or via a private web link with a pre-recorded video featuring an intro the You Are a Gardener® mindset, vocabulary and helpful tools to successfully implement and support the program at home.

### **Author Visit In-Person**

-This 30 minute 'You Are An Author' presentation includes a You Are a Gardener® book reading and a fun slideshow highlighting the steps it takes to write and self-publish a book. This inspirational presentation also features tons of tips, tools and resources available for young authors and entrepreneurial spirits. It's all about planting your dreams and watching them grow!

### **Keep It Growing Book Campaign**

Dig into a fun way to raise money for your school! If you would like to do a You Are a Gardener® 'book fair' for your families to order signed copies of our book via a private web link, 10% of all sales will be donated back to your school or Parent Association. Flyers and all marketing materials with book fair details are included. This is also a wonderful way to keep the program growing at home.

**Are you ready to dig in? Email [flowers@youareagardener.com](mailto:flowers@youareagardener.com) for a quote today!**

# THE #PULLYOURWEEDS® ONE-CLICK SEL PROGRAM



Dig into raising a new generation of emotionally empowered kids. Click a button and *let's grow!*



This service allows you access to grab and go resources to meet your school's weekly SEL needs via a private web link for your school.

Our One-Click SEL Program has everything a classroom needs to support a successful and thriving environment. Featuring: games & activities, morning meetings, pre-recorded videos, crafts, mindfulness and grounding exercises, visual aids for your classroom and more!

**Schedule a 15 Minute Demo Today >Email [flowers@youareagardener.com](mailto:flowers@youareagardener.com)**



# #PULLYOURWEEDS<sup>®</sup>

## Workshops & Assemblies At A Glance

Ages: **Pre-K-8**

SUBJECT: **SEL**

Date: **2023**

Location: **In-Person or  
Pre-Recorded Videos**

Time: **30-35 minutes**

### Lesson Focus:

**Rooted in self-compassion, inclusivity, mindfulness, empathy, confidence building, self-control, conflict/resolution skills & more!**

### Goals:

**To help children grow forward  
feeling confident & calm.**

### Learning Objectives:

**Empower kids with the mindset,  
vocab & positive tools to help them  
navigate stress and big emotions.**

### Structure / Activity:

**Intro or Recap of the You Are a Gardener<sup>®</sup> Mindset & Vocab -  
( encouraging children to feel confident with the foundation of the program )**

**- A 'Weeds to Seeds' Story From a Peer Gardener -  
( builds conflict/resolution skills, encourages empathy and creates open  
communication with a cognitive thinking process )**

**- Introduce 2-3 New 'Gardening Tools' -  
( examples- deep breathing techniques , grounding exercises,  
mindfulness moments, origami, DIY activities, & more )**

**All students will receive a gardener giveaway after every  
in-person workshop .**

**Dig into raising a new generation  
of emotionally empowered kids!**

**BOOK NOW:  
[flowers@youareagardener.com](mailto:flowers@youareagardener.com)**





# Recent Gardener Reviews



"Thank you so much for coming to our school. The staff and kids loved the assembly, many of them wear their buttons to school everyday. I have also incorporated your message in my SEL lessons! I believe your message is so important, it helps kids navigate their "weeds" and gets them pulled out. "

~Mrs. Katie Winkleman, Byram Lakes Elementary School Counselor

"Our school had a great visit from Gardener Shanna today! She read her book and taught us gardening tools to help us pull the weeds in our gardens so we can all grow like flowers! The message was simple, meaningful and both students and staff related well to the strategies. Teachers began using what we learned in their classrooms that very same day! The students loved the You Tube channel too! Thank you Gardener Shanna for reminding us we all have weeds and we all have gardening tools to use!"

~Ms. Christine Laquidara, Principal Hopewell Elementary

"My students absolutely loved Gardener Shanna's You Are a Gardener workshop. Gardener Shanna has such amazing positive energy and a beautiful message of hope for young people. The students learned a few ways to overcome negative emotions (pull their weeds) and most importantly the most important tool of sharing their challenging emotions with someone they trust. They also loved the origami activity and can't wait for another visit. Thank you Gardener Shanna for everything you are doing for people of all ages."

~Faatimah Y. Montessori Educator, Miftaahul Uloom Academy

"The imagery of pulling weeds was an easy concept for my students to connect with. It took a difficult concept to teach kids and presented it in a fun and engaging way. Thank you for visiting our school."

~2nd Grade Teacher Benedict Cucinella School, Long Valley

**Read More At: [youareagardener.com/testimonials](http://youareagardener.com/testimonials)**



You Are a Gardener®

Kings  
Road  
School  
Madison  
NJ

Copper Hill  
School  
Flemington  
NJ

Central  
Avenue  
School  
Madison  
NJ

St.  
Catherine  
Siena  
Cedar  
Grove,  
NJ

Miftaahul  
Uloom  
Academy  
Union City  
NJ

Tatem  
School  
Collingswood  
NJ

Riverview  
School  
Denville  
NJ

Bayberry  
School  
Watchung  
NJ

Woodland  
School  
Morristown  
NJ

St.  
Vincent's  
Martyr  
Madison  
NJ

Byram Lakes  
School  
Stanhope  
NJ

Harding  
Township  
School  
Harding  
NJ



Your  
School  
Here

**Now Booking  
2022/2023  
School Year**

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YOU'VE GOT QUESTIONS?  
WE'VE GOT ANSWERS!

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Call Us At:

201-317-6070

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