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### GARDENER

/gärd(ə)ner/

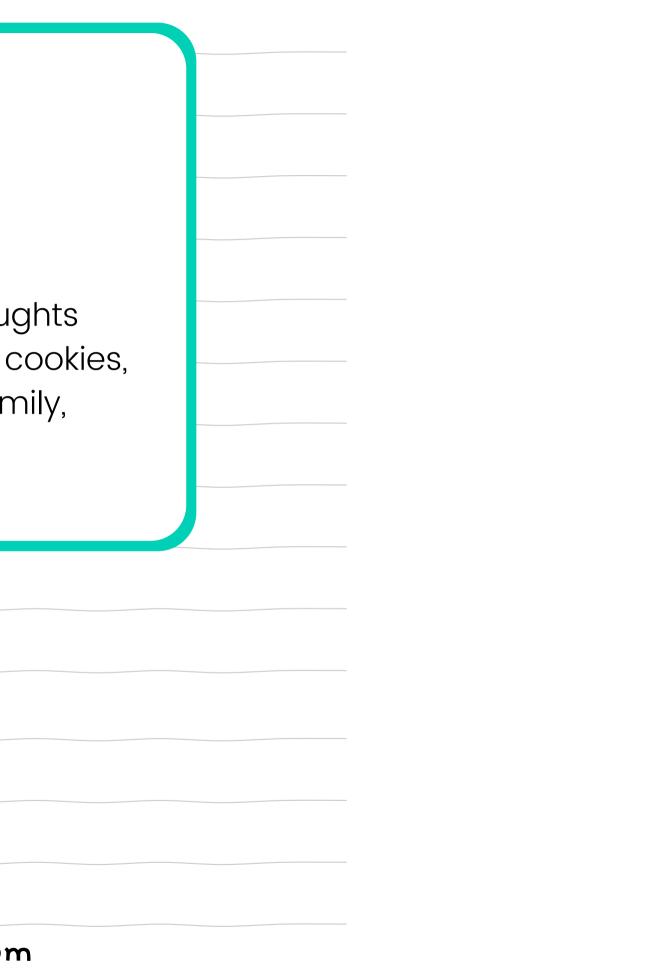
noun

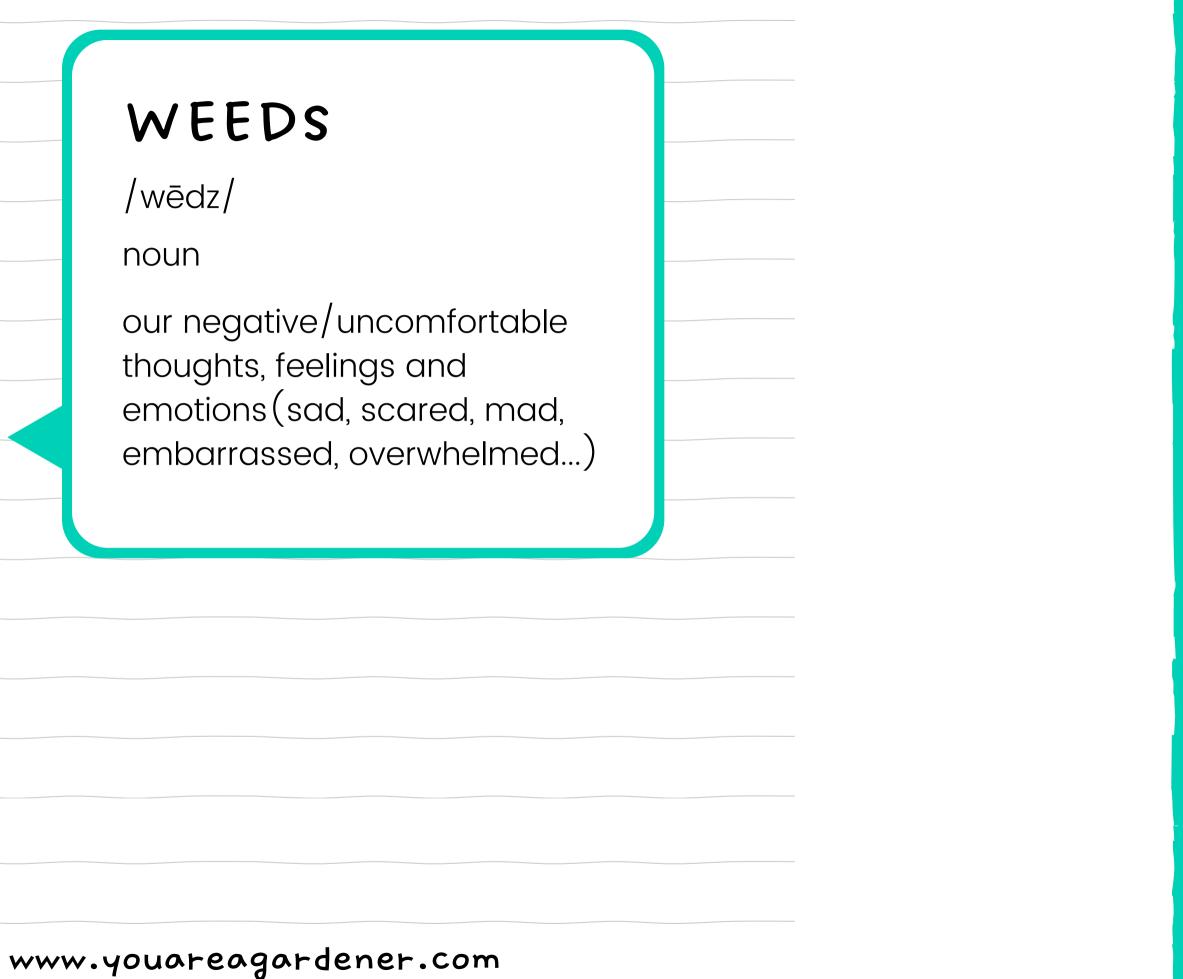
as gardeners, we hold the power to brighten our world world by planting the seeds for positive change.



# /'flou(ə)rs/ noun our joyful feelings, thoughts and emotions (baking cookies, snuggling, dancing, family, friends...) www.youareagardener.com

FLOWERS





### PULL YOUR WEEDS

/pool-yôr-wēdz/

phrase

the most powerful gardening tool we have- talking about our 'weeds' with someone we trust (parent, teacher, guardian, counselor...)



### GARDENING T

/'gärd(ə)niNG-t<del>o</del>ols/

phrase

positive activies and exe we do to help us feel co and calm (deep breath grounding exercises, arts crafts, mindfulness activ

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TOOLS	
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## SEEDS /sēds/ noun

what we learn about ourselves and others when we pull our weeds. the positive ways to help us move forward and grow.

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