



You Are a Gardener®

Gardener's Glossary

DIG INTO THE
YOU ARE A GARDENER®
CORE GARDENING
VOCABULARY & MINDSET



www.youareagardener.com

GARDENER

/gärd(ə)ner/

noun

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



FLOWERS

/'flou(ə)rs/

noun

our joyful feelings, thoughts
and emotions (baking cookies,
snuggling, dancing, family,
friends...)



WEEDS

/wēdz/

noun

our negative/uncomfortable thoughts, feelings and emotions (sad, scared, mad, embarrassed, overwhelmed...)



PULL YOUR WEEDS

/pŭol-yŏr-wēdz/

phrase

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



GARDENING TOOLS

/'gärd(ə)niŋg-tōols/

phrase

positive activities and exercises
we do to help us feel confident
and calm (deep breathing,
grounding exercises, arts &
crafts, mindfulness activities...)



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.

