



You Are a Gardener® Presents

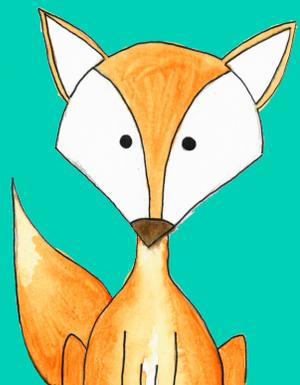


the
#PULLYOURWEEDS®

Workshops/Assemblies &
One-Click SEL Program

Dig into raising a new generation of
emotionally empowered kids!

www.youareagardener.com





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) Program 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.

My #PullYourWeeds® workshops and assemblies are designed to empower grade school children with the tools, vocabulary and techniques 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.

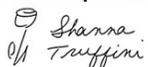
My SEL Programs have been offered at several schools in New Jersey such as the Central Avenue School & Kings Road School in Madison, NJ, the Copper Hill School in Flemington, NJ and the Byram Lakes School in Stanhope, NJ, to name a few.

I am excited to announce that this upcoming 2022/2023 school year, I am introducing a new impactful component to my #PullYourWeeds® Program and creating a 'One-Click SEL' service for schools. Every school that signs up will receive a private web link with easy access to customizable, grab & go resources for teachers to successfully implement the program and plant positive seeds all school year round.

We would love the opportunity to spread some seeds at your school this fall. We are now booking virtual demos of our 'One-Click' SEL Program for the 2022/2023 school year and would love to add you to our fall lineup.

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

Shanna Truffini

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flowers@youareagardener.com





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:**

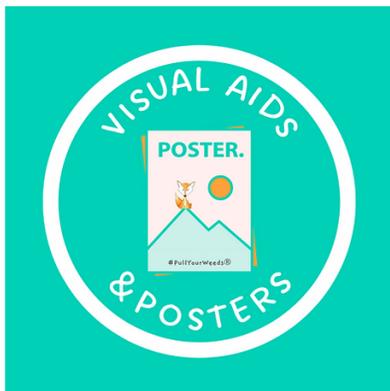
www.youareagardener.com



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

#PullYourWeeds®



You Are a Gardener®

ONE-CLICK SEL PROGRAM GRADES K-5



**BOOK A
DEMO OF OUR
ONE-CLICK
SEL PROGRAM
TODAY!**

1. BUDGET FRIENDLY

We work with your budget to ensure you get the most out of our program.

2. YOU PICK

We work with your schedule. You choose if you want to plant our SEL seeds monthly, bi-monthly, or seasonally; in-person and/or virtually.

3. GUARANTEED SUCCESS

Our SEL program is guaranteed to change the way your students & staff manage stress with empowering results!

ONE-STOP SEL

Your school will receive a private web link with easy access to our One-Click #PullYourWeds® SEL Program. Featuring grab & go resources for teachers to successfully fulfill their weekly/monthly SEL requirements and plant positive seeds all year round!

COMPLETELY CUSTOMIZABLE

Our SEL program is completely customizable to fit the needs of your students and staff. All our videos, resources, activities, printables, and visual aids are all in one spot and can easily be customized exclusively for your school! Workshops are offered in-person or via a set pre-recorded videos.

BOOK A VIRTUAL DEMO OF THE #PULLYOURWEEDS® PROGRAM TODAY
EMAIL US AT: FLOWERS@YOUAREAGARDENER.COM



the #PULLYOUR WEEDS® WORKSHOPS At A Glance

**-Workshops & Assemblies Are Offered -
In-Person and/or With a Series of Pre-Recorded Videos**

Ages: **4-11**

SUBJECT: **SEL**

Date: **2022/2023**

Topic: **Empowering students with the
You Are a Gardener® Mindset**

Workshops: **30-35 minutes
(monthly, bi-monthly or seasonally)**

Lesson Focus:

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

Goals:

**Children embracing & understanding
that they have the power to
control the way they feel.**

Learning Objectives:

**Empower kids with a new mindset &
tools to help them navigate stress
and uncomfortable emotions**

Structure / Activity:

**Intro or Recap of the You Are a Gardener® 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,
mindful 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**



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

"So far today, the reception to your video has been great! I have been teaching it to classes all day, and they are so excited to meet you in person. One student asked me, "she is coming here in person? For real?!" and was very excited. So you're already a celebrity here at Copper Hill!

"~Rebecca M. School Counselor Copper Hill

"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

Read More At: 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

Philip J.
Solondz
Livingston
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

WWW.YOUAREAGARDENER.COM



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

Email Us At :

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Call Us At:

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