

Gardens of Gratitude

Start growing your gratitude with a daily gratitude jar. Planting seeds of gratitude has a powerful impact on our mental and physical health.

Gratitude practice decreases stress and negative thoughts, boost happiness, and promotes social intelligence. Gratitude also makes you kinder and more joyful!

Just as a garden grows if you water it so does your happiness when you remember to be grateful for all you have.

1. Start with an empty jar. A peanut butter or mayonnaise jar work great or any jar you can use to decorate!
2. Make it yours! Anything goes for decoration! You can use practically any craft item to decorate the jar. Torn tissue paper, yarn, glitter, construction paper... even buttons, bottle caps and photos make it as unique as you are!
3. Make the gratitude slips or print out the ones in this packet. Cut out blank squares of paper on which to write things for which you are grateful.
4. Start the jar together with you class or family! Start the gratitude process by each writing one thing for which you're grateful and putting your slips in the jar.
5. Add a slip to the jar each day.
6. When needing a moment of gratitude grab a slip from the jar to remind you how blessed and happy you are!



Loving Kindness Meditation

The Loving Kindness Meditation is a simple exercise where you say positive thoughts about yourself and others. Doing this meditation can immediately improve your mood because it focuses you on the positive things in your life. This meditation has a few simple steps.

Here's How to Do It:

1. Sit comfortably with your eyes closed.
2. Imagine yourself in a place where you feel good, happy and joyful! Think about sitting on a beach at sunset, with your pet that makes you happy, your friends who make you laugh or maybe you are in your own living room, surrounded by people who love you.
3. Now say the following phrases out loud. I wish for happiness, calm, and peace for myself.
4. Now think about someone you care about and say: I wish for happiness, calm, and peace for you.
5. Now think about someone you feel neutral about—someone you neither like nor dislike, and say: I wish for happiness, calm, and peace for you.
6. Now think of someone you don't like and say: I wish you happiness, calm, and peace.
7. Finally, think about loving kindness for the universe and say: May everyone everywhere find happiness and peace.



Do you know what gratitude is?

It is being thankful for all the things you have, your clothes, your food, even your baby brother or sister.

You're in charge of the gratitude in your family now!!! Once a day ask your family members or class mates what they are thankful for and write it down in the box below!

Notice how good everyone feels when they realize how much they have!

I am
grateful
for

POSITIVE VIBE CARDS!

Spreading positive vibes helps you and everyone around you!
You can spread positive vibes by showing kindness, saying nice words, smiling, and even when you think happy thoughts about yourself.

Fill in the blanks below to create positive vibe cards and hand them out to spread happiness! Ask an adult to print out this page and hand out your positive vibe cards!

-----,
You
Are
fabulous
because

I AM AWESOME
I AM SPECIAL
I AM GRATEFUL
I AM HAPPY
I AM LOVED
I AM WORTHY

-----,
You
Are
fabulous
because

Kindness
begins
with me.



**PLANTING
SEEDS CO.**

Growing our youth

Peanut Butter Balls

You will need:

- 1-1/2 cups old-fashioned rolled oats
- 1 cup natural peanut butter or almond butter
- 1/4 cup honey
- 2 scoops chocolate protein powder
- 2 Tablespoons chocolate chips

Directions

Mix all ingredients in large bowl and roll into balls.
Store in a covered container in the fridge or freezer.

Hand out to friends or
teachers for a extra act of kindness.

After you hand out some of your homemade peanut
butter balls, add one item to your camp!

KINDNESS MEDITATION

Check out the audio version on plantseedsco.com

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Every time you practice your meditation, add one item to your camp!

KINDNESS BINGO

Take care of the pets or walk someone's dog.	Bring dinner to someone	Take out the trash	Be kind to yourself	Clean up without being asked
Create your own kind deed	Volunteer	Put your plate in the dishwasher	Tell someone how great they are	Make your parents bed
Help make dinner or lunch	Do the Kindness Mediation 3 days in a row	FREE	Write someone a nice letter	Give someone a high 5
Buy flowers or pick them for someone	Call a friend just to tell them how awesome they are	Donate the clothes you have outgrown	Teach someone something new	Teach the loving kindness meditation to someone
Exercise with your parents	Pick up trash outdoors	Plant seeds outside	Clean up something that is not yours	Help someone with a project or chore

Positivity Rocks

A great art project to spread positivity is painting positivity rocks.

What you need: rocks (look outside); acrylic paint; paper; scissors; pencils, crayons, or markers; googly eyes; stick-on gems.

What to do: Go find nice smooth rocks, which also gets you exploring outside!

Paint the rock and write a kind or positive message like 'I love you,' 'You are beautiful,' 'You make me smile,' 'I love your laughter,' 'You are fun!' or anything you can come up with!

Give the rock to a neighbor or friend. Or, treat them as kindness rocks that you hide around neighborhoods, stores, schools, and other places for people to find!

There's no greater feeling than knowing you have added some positivity and kindness into the world!