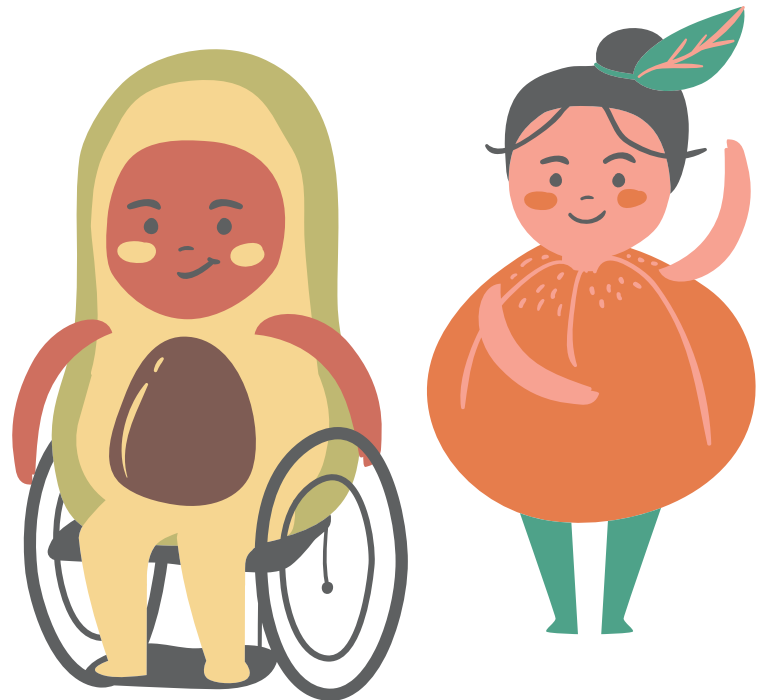
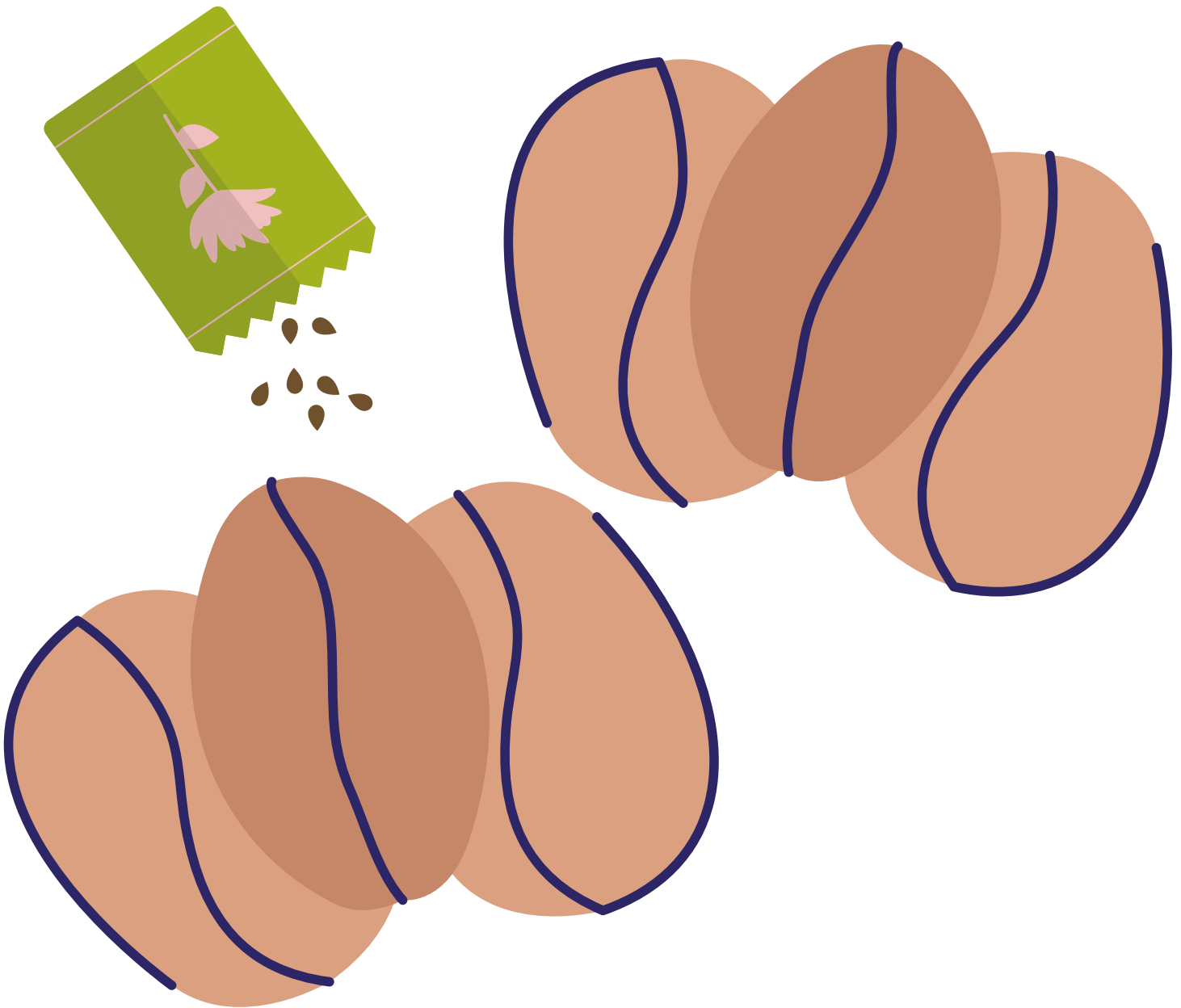




# Planting Meaningful Seeds



**You have the power to plant meaningful seeds and help them grow! What do you want your world to look like? Use the word bank for help!**



**What seeds do you want to plant in your world? Write on each seed what you'd like to put more of into the world!**



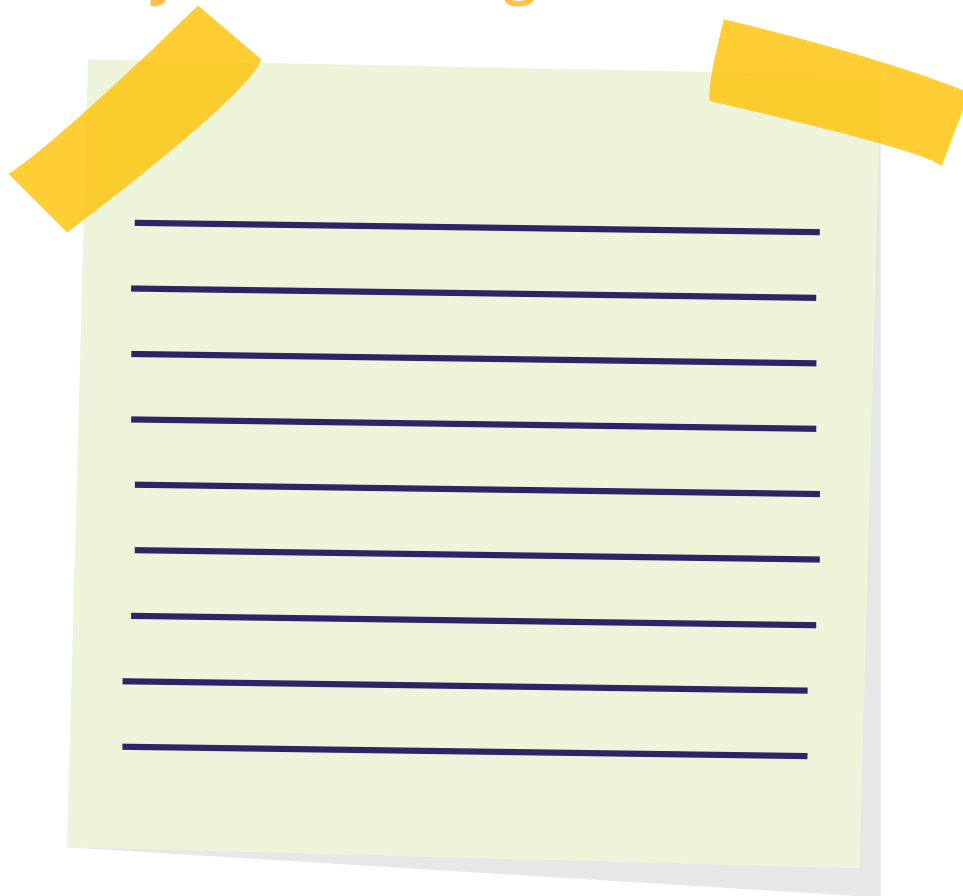
**What do you want to see grow in your world? What does it look like? Color, design and label the leaves!**



**How can YOU help them Grow? How can you help your meaningful seeds to grow in the world? What would this look like? Color and design flowers for your plant! Label with examples! Use the idea bank for help!**



**You have helped to create a more beautiful world with your meaningful seeds!**



**What is one way that your seeds will make the world a better place?**

# Examples for Planting Seeds and Helping them to Grow

**Kindness**  
**Compassion**  
**Happiness**  
**Peace**  
**Love**  
**Empathy**

**Friendship**  
**Listening**  
**Calm**  
**Healthiness**  
**Hope**  
**Equality**



**Speak Kindly to myself**  
**Speak Kindly to others**  
**Listen to friends**  
**Celebrate Differences**  
**Befriend Others**  
**Say 'Thank you'**  
**Say 'Please'**  
**Help others**  
**Celebrate Friends' Success**  
**Share my Success**  
**Talk about My Feelings**  
**Share Ideas**  
**Learn New Things**  
**Take Deep Breaths**

**Take Care of My body**  
**Take Care of My Environment**  
**Random acts of Kindness**  
**Volunteer and Donate**  
**Share Hopes**  
**Welcome and Include Others**  
**Compliment Others**  
**Make Friends**  
**Try Every Day**  
**Believe in Myself**  
**Apologize when Necessary**  
**Ask for Help**  
**Stand up for Others**  
**Challenge Negative Thoughts**