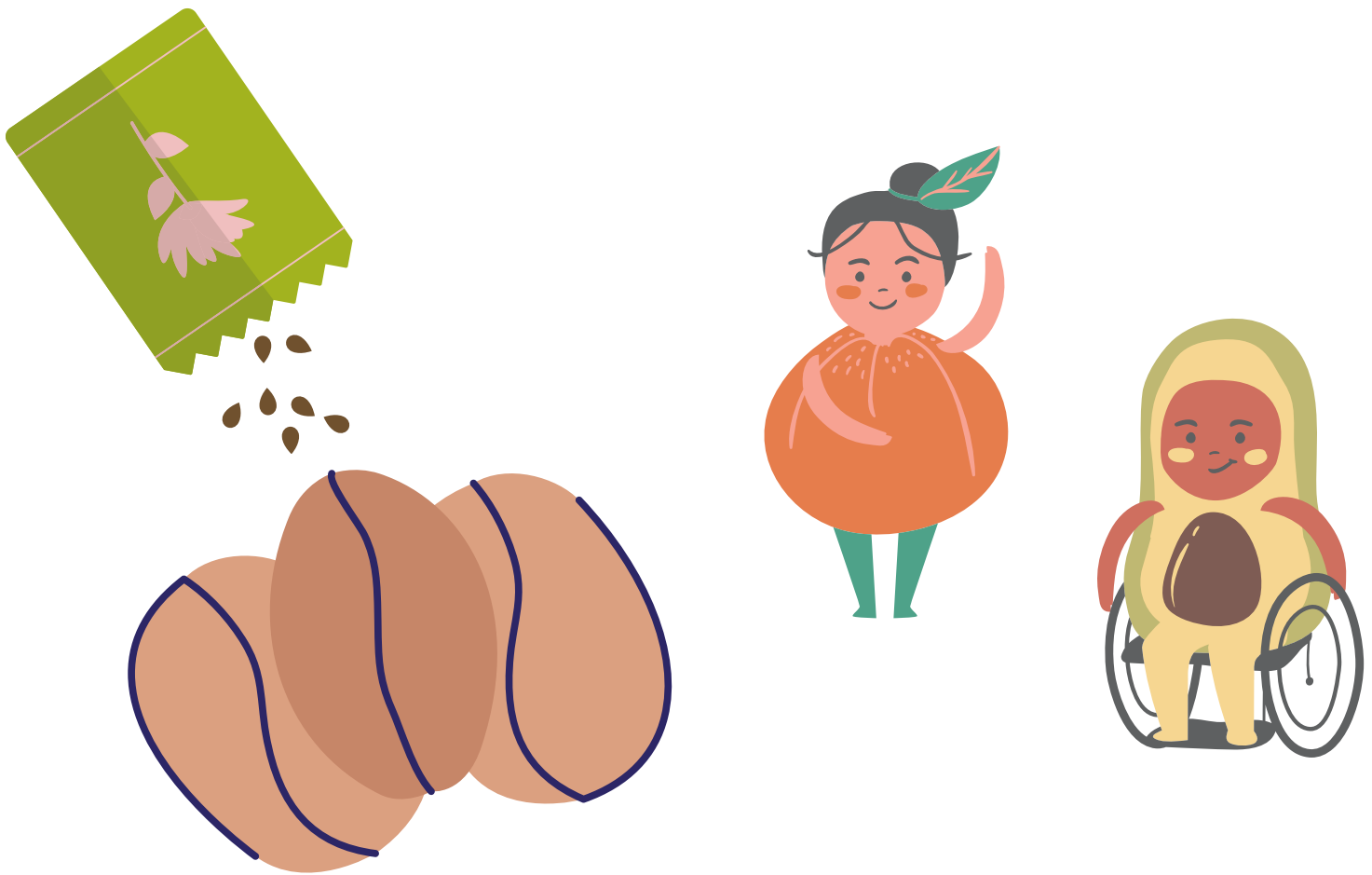




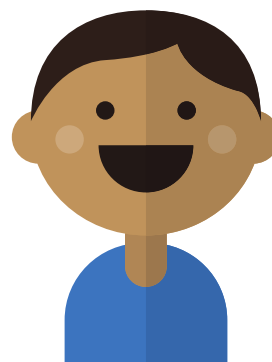
Planting Meaningful Seeds within Myself



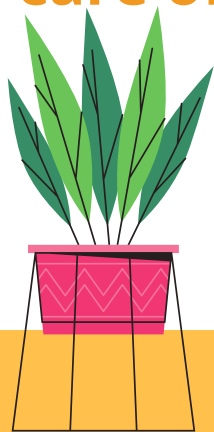
What Positive seeds do you want to plant within yourself? What do you want to feel more of or improve on?



Planting Meaningful Seeds within Myself



Imagine your mind as a beautiful blossoming plant. What positive and meaningful things do you want to plant within yourself? How can you help to take care of these seeds? What do you want it to look like when it grows and blossoms?



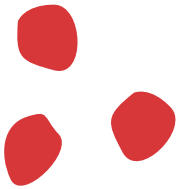
BRIGHT TRIBE THERAPY AND WELLNESS



Brainstorm!

What Meaningful and Positive seeds do you want to plant within yourself? What do you want to feel more of or improve on? You get to Choose!

Examples: Kindness, Confidence, Calmness, Better Attitude, Reading skills, Basketball aim, Calm body, Calm thoughts,



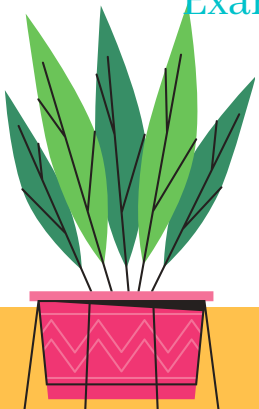
How can you help these seeds Grow?

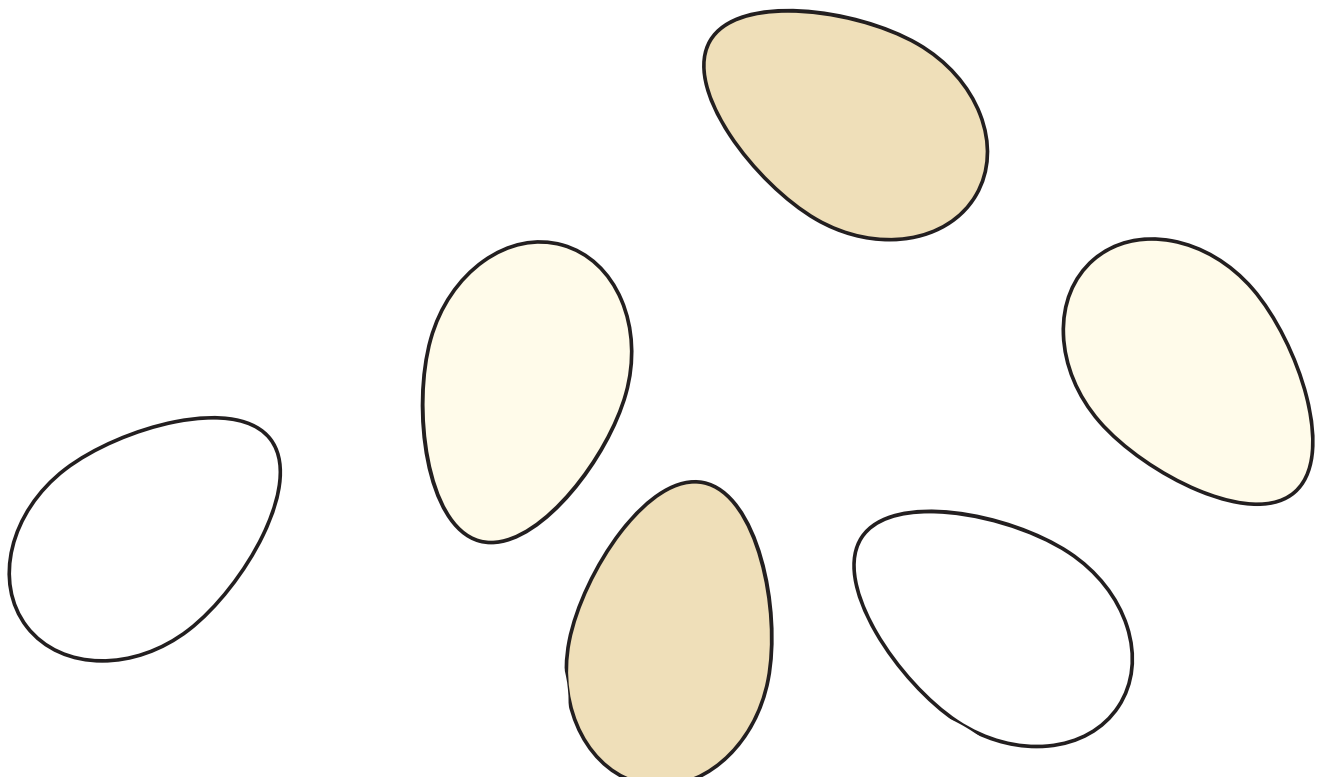
Examples: Practice random acts of kindness for others, Practice deep breaths, Read with dad, talking with friends, Practise sports, Speaking kindly to myself, challenge negative thoughts



What Special Phrase can help remind you to keep taking care of these seeds within you?

Examples: I am strong, I can keep trying. I can be kind every day





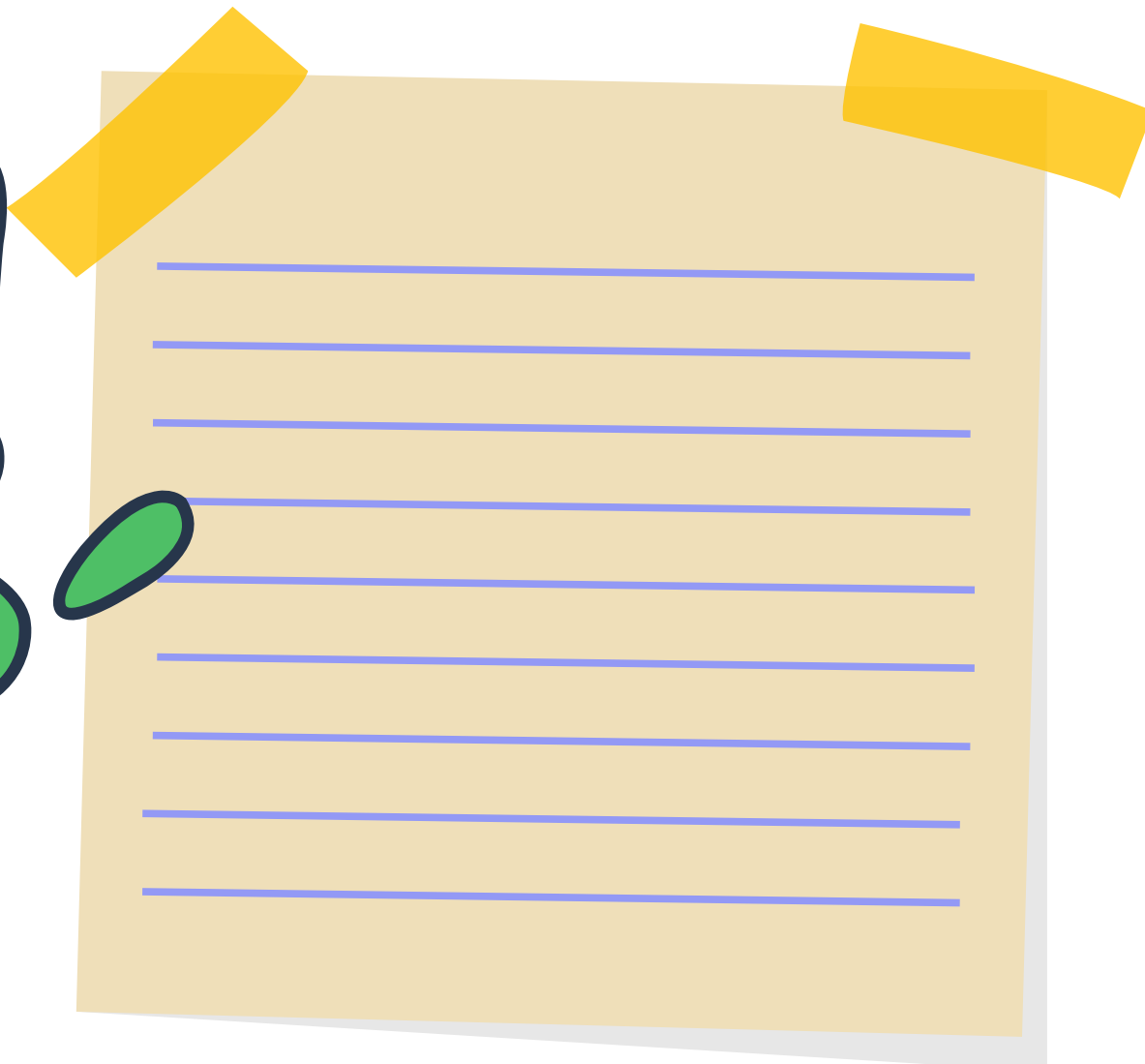
What seeds do you want to plant within yourself? You get to choose! Write on each seed what you'd like to grow more of! Color or design what they look like. Use the idea bank for help!



A beautiful plant begins to grow!



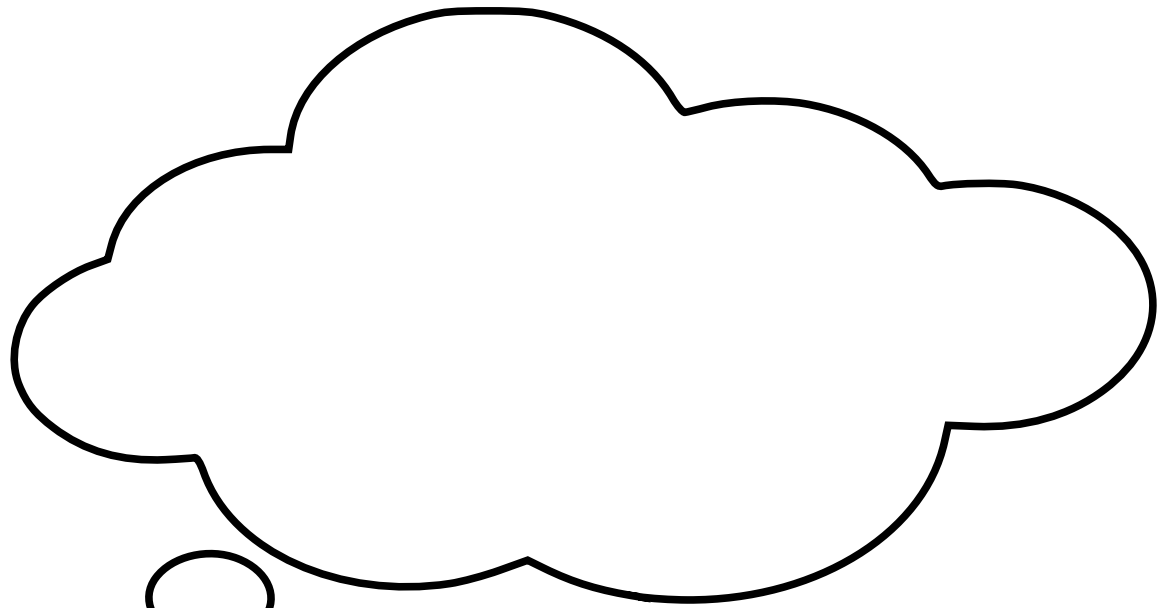
What do you see when the seeds begin to grow? What does it look like and why? Create your own design! Color and label! Use the idea bank for help!



How can YOU help this beautiful blossom to continue to grow within yourself? What would this look like? Look at the examples for help!

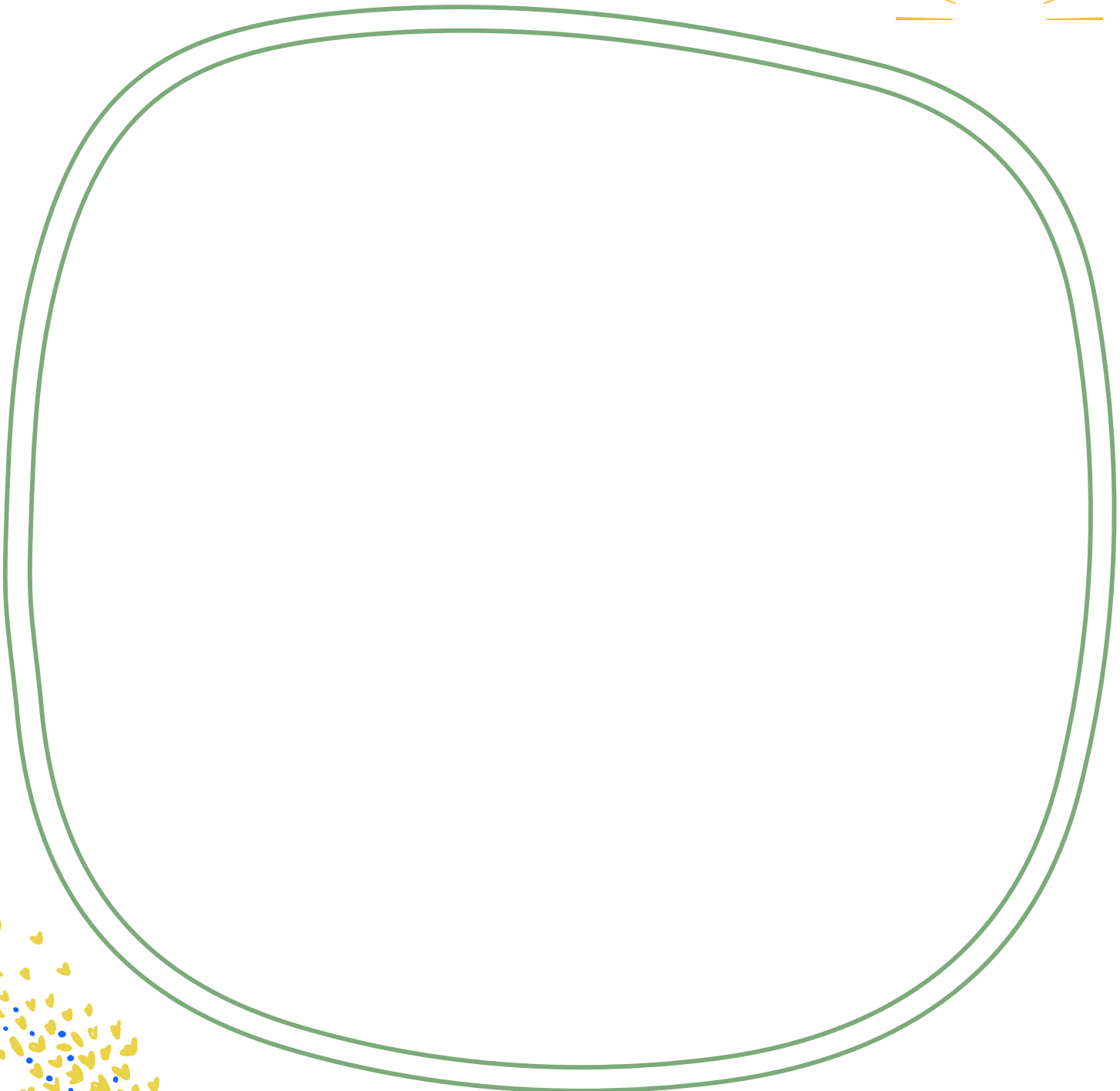


**Sometimes, taking care of these seeds
can be hard work.**

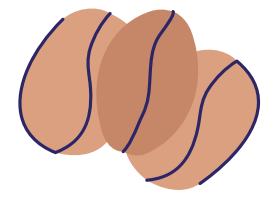


**What phrase can you use to remind
yourself to continue taking care of
these powerful seeds within you?**



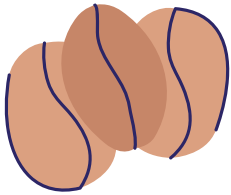


What do you look like now? What does your world look like with meaningful seeds?



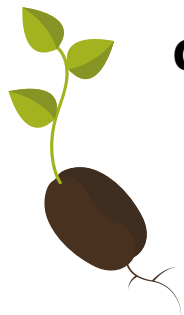


Examples for planting Seeds and Helping them to Grow



Kindness
Kind Self-Thoughts
Compassion
Happiness
Peace
Love
Empathy
Calm Thoughts
Confidence
Belief in Self

Friendship
Listening
Calm Body
Healthiness
Hope
Equality
Hard Work
Motivation
Brave Thoughts



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
Talk about My Feelings
Share my Success
Compliment myself
Learn New Things
Remember True Thoughts

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
Remember I am OK
Take Deep Breaths
Challenge Negative Thoughts