

Plant your worries

By Francesca Moongordon

Materials

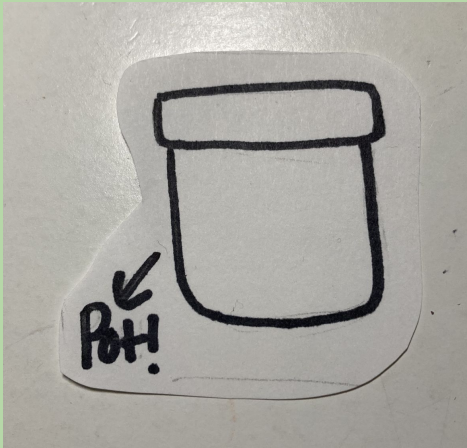
What you'll need!

- Pot
- Soil
- Water
- Worry
- Flower (or any) seeds
- Paint

(If you want, get other decoration materials)

Step one

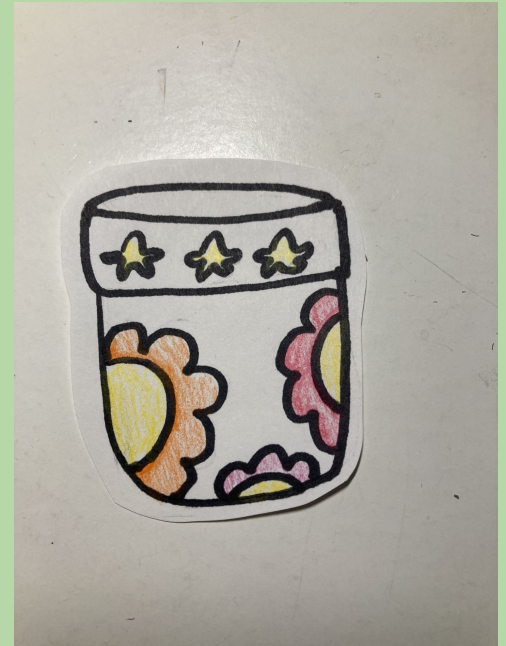
Get a pot! (Make sure it has drainage holes) and paint your happy thoughts on the inside of the pot! This could be single words or a saying that you really like!



(make sure that no paint is wet, we want to make sure that the happy thoughts stay!)

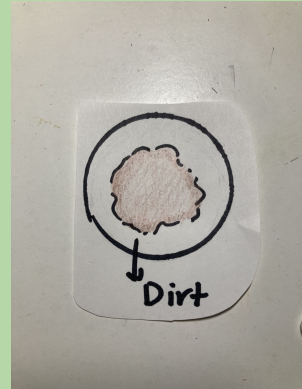
OPTIONAL

If you're able and want to make it fancy, try decorating the outside as well! Make sure to think happy thoughts to strengthen the “happiness barrier”!



Step three!

Put a layer of soil at the bottom and pause. If you can, put your fingers in and take a deep breath expel any negative thoughts into the soil. Now follow the instructions on the seeds and plant them! After the final layer of dirt put your hands on top of the soil (if you can) and breathe deeply



Final step water your plant!

Now, every time you water your plant, please think of your worries and imagine you are feeding them to your plant

Finally

Why should you do this? This is important because it can show you how even though it's being fed your worries, it still is growing. It's important to nurture and care for plants, just like it is to care for you!