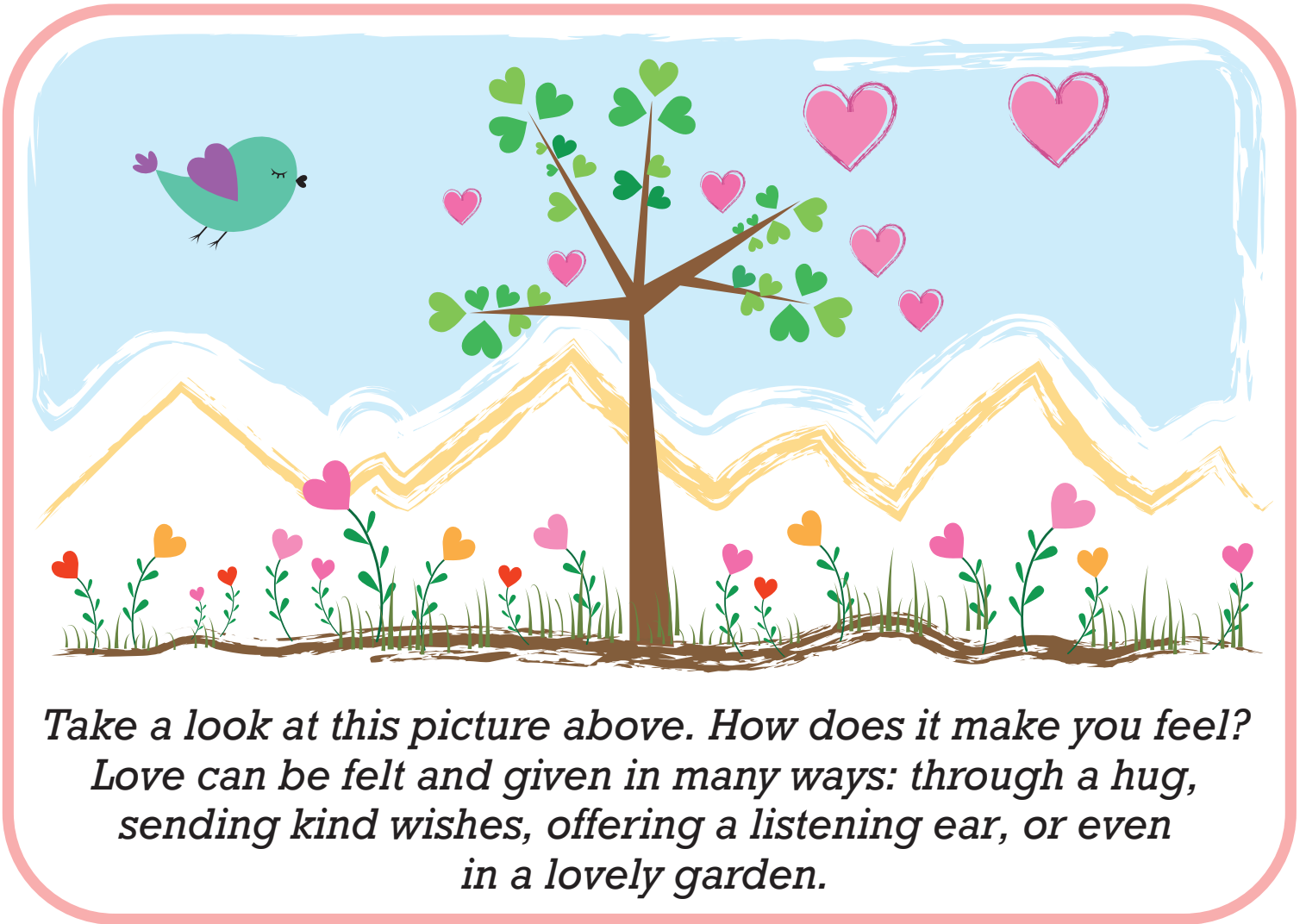


Name _____

Date _____

Loving Kindness Garden



Take a look at this picture above. How does it make you feel? Love can be felt and given in many ways: through a hug, sending kind wishes, offering a listening ear, or even in a lovely garden.

Write down what each item in your flower box represents to you, connected to loving kindness.

Flowers represent: _____

Soil represents: _____

Heart represents: _____