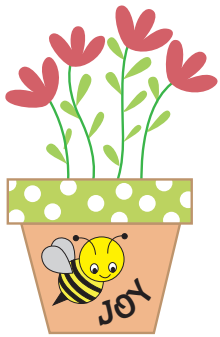
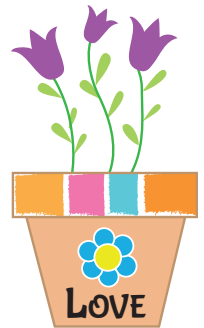


Seeds of Love



Let's plant seeds of love!



Directions:

1. Use markers or paints to decorate your pot. Consider using positive feeling words, such as LOVE, PEACE, or JOY.
2. Using your small shovel, place 4–5 scoops of soil in your pot.
3. Place your seeds beneath the soil by pressing them down with your fingers.
4. Cover your seeds with soil.
5. Water your seeds.
6. Place your pot in a sunny window.
7. Water your plants when they are dry. Remember to give them care and attention each day to help them to grow.
8. Enjoy your flowers when they come up!

When you feel a positive emotion, remember to soak it up, just like your seeds soak up water. When you look at your pot and flowers, remember that love grows!