

# Finding Myself in a Garden

## Thriving Learning Communities™: Mindfulness Monday

This is a great activity to help your child(ren) combine their strength of creativity with mindfulness as they imagine themselves as a plant in a garden.

As they listen mindfully to the story, they will create an image of “themselves” in terms of the kind of plant they would be and how it would grow. Have your child(ren) get comfortable in a seat and close their eyes. If they are uncomfortable closing their eyes, have them find a stationary object to look at as you recite the details of the story.

Say, *“Imagine yourself in a garden. In fact, you are one of the plants in the garden. You can be any kind of plant that you want to be. Maybe you are a flower, maybe you are a rose bush. You might be a vegetable like a tomato plant or a pepper plant. Perhaps you are a bush or a tree. Take a moment to discover yourself as a plant in this garden.”*

Give your child(ren) 15 – 30 seconds to imagine their plant, then continue.

*“It is a warm and sunny day and the sky is clear. Pay close attention to yourself as a plant.”*

*“How big a plant are you in your garden? Are you bigger than other plants? Smaller? Or are all the plants in this garden the same size?”*

*“What kind of branches do you have? Are there a lot of branches or only a few? Do you have any leaves? What shape are the leaves? Are there a lot of leaves or only a few?”*

*“Are there any flowers on this plant? If so, what color are the flowers? Are there a lot of flowers or only one or two?”*  
*“Now look at the roots of the plant. Does your plant have roots? Do the roots go very deep or are they mostly close to the surface?”*

*“From your spot in the garden, what can you see around you. Notice any other plants. Then focus back to being your special plant. Notice the clouds overhead, then come back to being your plant. Notice that there may be many things around you, yet you can always come back to yourself, quietly planted in your special spot.”*

Give them a few minutes to imagine these last items. Then say, *“When you are ready, open your eyes and become aware of your surroundings in the room.”*



Ask your child(ren) to take out paper and crayons or markers. Have them draw the picture they imagined of their plant in the garden. Once they’ve completed their pictures, ask them what they learned about themselves during this activity. If the weather is nice, this is a perfect time to take a “mindful walk” out in the yard, paying close attention to all the plants that surround them.

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