

Name: _____

GROWING YOUR BEAUTIFUL GARDEN

Good Seed Vocabulary, Reflection and Application

These “good seeds” are strong, healthy character traits that help you grow emotionally and socially. Today, you’ll reflect on who you are, who you want to become, and how to build great relationships with others.

Step 1: What do they mean? Match each word to its meaning. Write the correct letter beside the word.

Good Seed Words:

1. Honest ____
2. Self-control ____
3. Confident ____
4. Encouraging ____
5. Responsible ____
6. Gentle ____
7. Loving ____
8. Loyal ____
9. Reliable ____
10. Hopeful ____
11. Trustworthy ____
12. Brave ____
13. Enduring ____
14. Helpful ____
15. Kind ____
16. Peaceful ____
17. Creative ____
18. Patient ____

Definitions:

- A. You believe good things can happen
- B. You cheer others on
- C. You face your fears
- D. You try to solve problems calmly
- E. You do what needs to be done to take ownership
- F. You speak the truth and don’t hide things
- G. You treat others with respect and compassion
- H. people can count on you
- I. You control your emotions and actions, even when it’s hard
- J. You lend a hand when someone needs it
- K. You wait calmly when things take time
- L. You keep going even when it’s hard
- M. You show love through actions and words
- N. You believe in yourself
- O. You can be trusted to do what is right
- P. You use your imagination to make or think of new things
- Q. You treat others with care and softness
- R. You stick by people through thick and thin

Step 2: Reflect on YOU

Choose four words from the list above that describe you right now. Write them on the lines below.

Now, choose four words that you want to grow in. Write them on the lines below.

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Step 3: Practice it. Write a short answer for each question below:

1. How can you show self-control during disagreement with a friend?

2. How does being kind or gentle help you build strong friendships

3. I think of someone in your life who is reliable or loyal. What do you admire about them?

4. Imagine you're feeling nervous before a big test. What would a hopeful and brave person say to themselves?

Step 3: Action Challenge – Pick one good seed word from the list that is important to you. for the next 3 days, be intentional to live out that word.

Write the word here: _____

Each day, write how you showed that character trait.

Day 1: _____

Day 2: _____

Day 3: _____

"Every last seed has something inside... A beautiful flower meant to bloom out with pride!"

Name: ANSWER KEY

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