

Name: _____

'WEEDS & SEEDS' REFLECTION WORKSHEET

What we plant in our hearts and minds will grow! Let's pull out the weeds and plant something better.

Instructions: Think of a character trait or belief you sometimes struggle with. This is your 'bad seed' (like anger, dishonesty, selfishness, insecurity). Then, write a 'countertruth'-a positive quality or truth that you want to grow in its place. Lastly, list one action you can take this week to help grow your good seed.

Bad Seeds (Negative thought or belief)	Countertruth (Positive thought or trait)	Action Step (How I will water the good seeds)
"I always mess things up."	"I make mistakes, but I keep trying."	I'll try my best on my next assignment and ask for help if I need it.

Reflection question:

Why is it important to recognize the "seeds" we're planting in our thoughts and actions?

*"You can remove them...pull them out root and all! By believing the truth...
that YOU'RE GOOD like the boy saw."*

Name: _____

BAD SEED THOUGHT BUSTER

Step 1: Spot the Bad Seed: Write down a negative or untrue thought you've had recently.

"Bad Seed" Thought:

Step 2: Is This Thought a Weed? Check any that are true for this thought:

- ☐ This thought is mean or hurtful
- ☐ It makes me feel worse about myself
- ☐ It's not 100% true all the time
- ☐ It's something I wouldn't say to a friend

*If you checked any, it's probably a weed that needs pulling!

Step 3: Try a Thought Diffusion Strategy

Choose ONE of the following strategies and give it a try:

☐ Option 1. *Name It*

Say: "I'm having the thought that..."

Example: "I'm having the thought that I'm not good enough."

Try it here:

☐ Option 2. *Talk Back*

Imagine your best friend talking back to that thought.

What would they say to help you?

☐ Option 3. *Silly Voice*

Say the thought in a silly voice (like a robot, cartoon, or opera singer).

How did it sound?

☐ Option 4. *Cloud in the Sky*

Imagine the thought floating by on a cloud. Just watch it go.

What do you see as it floats away?

Name: _____

BAD SEED THOUGHT BUSTER

Step 4: Plant a Truth Seed

Write a truth that's more helpful or kind.

New Thought (Truth Seed):

Reflection

How did it feel to challenge your negative thought?

*"We can inspire good thought thoughts about things that are true.
The beautiful design that's for me and for you!"*

Name: _____

WHEN WEEDS SEEM TO TAKE OVER - CALMING STRATEGIES

A weed can cause us to feel upset, angry, worried, or out of control. When it starts to take over, we can choose a tool to help us feel calm again.

Step 1: Name Your Feeling: What is the feeling or thought that's taking over right now?

Circle or write your big feeling:

Anger Sadness Worry Frustration Embarrassment Shame Other:

Step 2: Choose a Calming Strategy: Pick 2-3 of the strategies below to try. Put a checkmark next to each one you try.

- ☐ Take 5 slow breaths in and out.
- ☐ Write or draw a picture of how you feel.
- ☐ Listen to music or hum a song.
- ☐ Hold or touch something that feels nice.
- ☐ Say something kind to yourself like "I am okay."
- ☐ Read a book or look at a picture book.
- ☐ Squeeze your hands tight, then let go. Do this 3 times.
- ☐ Close your eyes and imagine your happy place.
- ☐ Ask a teacher or friend for help.

Step 3: Reflect

- How do you feel now?

☐ A lot better! ☐ A little better. ☐ Still upset.

- Would you try this again next time a hurtful weed tries to take over?

☐ Yes ☐ Maybe ☐ No

"When weed seem to take over, they hurt us and other others too. Those untrue thoughts that grow into actions do not belong in me or you."

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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GROWING YOUR BEAUTIFUL GARDEN
Good Seed Vocabulary, Reflection and Application

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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