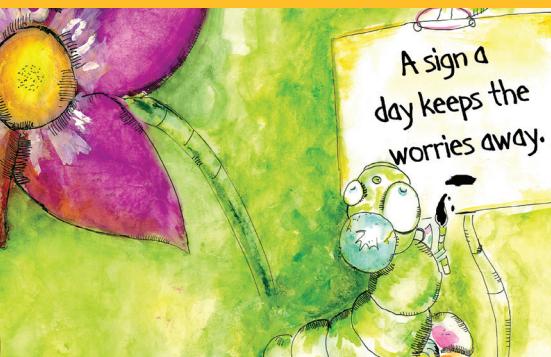


# FULL STEAM AHEAD Garden of Signs

Science technology art & math with the Woos

Adult  
Supervision  
Needed



IN FUDDLE'S STORYBOOK, *THE MONSTER WHO COULDN'T DECIDE*, SHE MEETS A WORM WHO LOVES TO MAKE POSITIVE AFFIRMATION SIGNS IN THE GARDEN. LET'S MAKE OUR OWN GARDEN OF SIGNS!

## MATERIALS:

- 2-3 small potted plants or wild flower seeds
- Potting soil
- Scissors and glue sticks
- Poster board
- Popsicle sticks
- Markers and crayons

## STEP ONE: PLANTING THE GARDEN

- Plant seeds or flowers into small flower pots
- Add additional soil to ensure flowers or seeds have enough dirt to grow



## STEP TWO: MAKING THE SIGNS

- Cut out two to three ( or as many as you like) shapes from the poster board. Size can vary. We suggest approx 4".

BELOW WRITE THE ENCOURAGING MESSAGES YOU WOULD LIKE TO PUT ON YOUR SIGNS.

Example: Don't Give Up

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- Rewrite messages on your cut out signs and decorate
- Place a small spot of glue to the top of your Popsicle stick and attach the sign. Let the glue dry.
- Place the sign in the dirt with your plant.

## STEP THREE: TENDING TO YOUR GARDEN

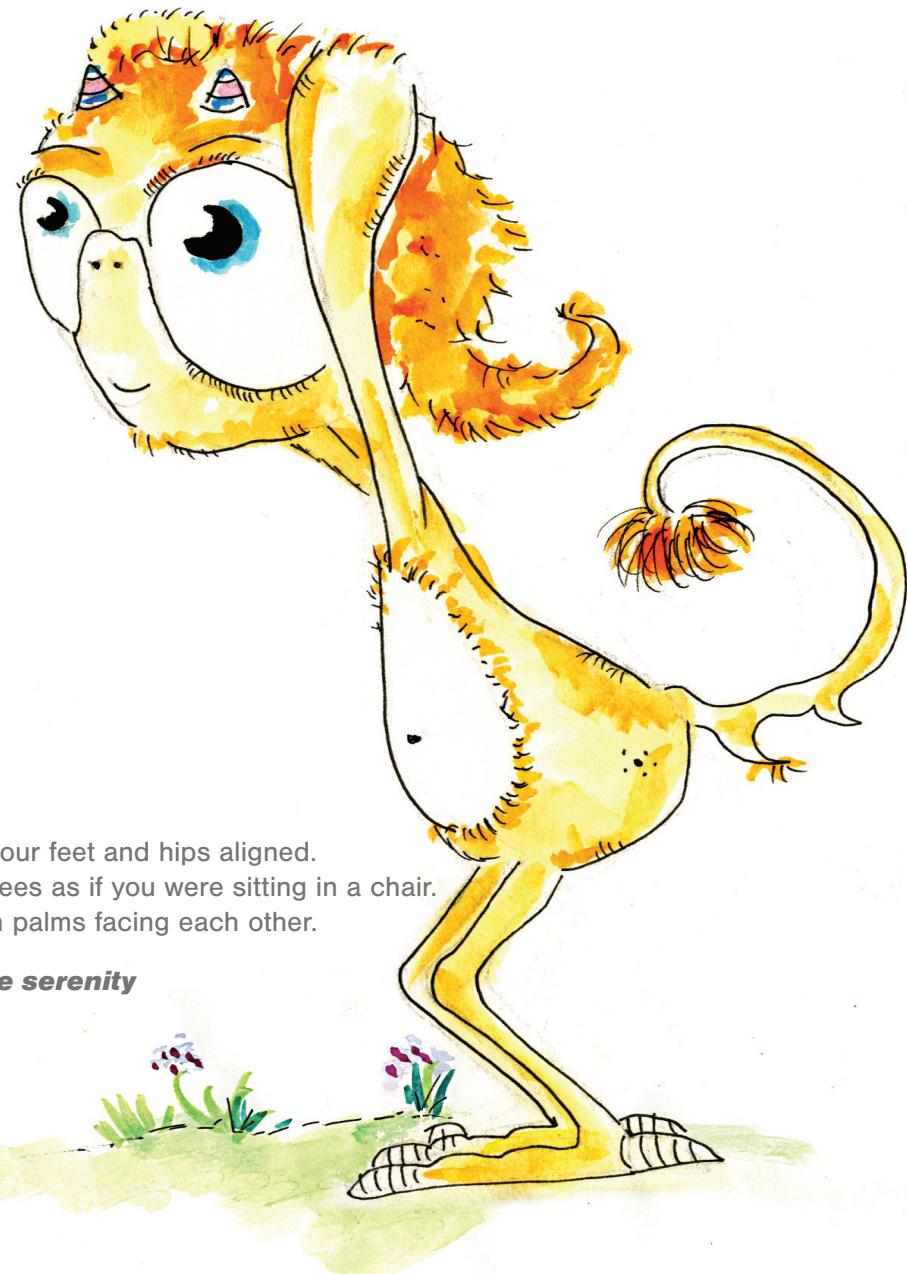
- Place your garden of signs in med-full sun depending on the plants you have chosen.
- Water as needed
- Read each message to yourself when you need a little pick me up!



IF YOU DON'T WANT TO USE PLANTS, INSTEAD DOWNLOAD OUR FLOWER POWER WORKSHEET OR GARDEN OF SIGNS ART PAGE AT [WORRYWOOS.COM](http://WORRYWOOS.COM)!

Mindfulness Moment

# Fuddle's Strength Pose



## Chair Pose

1. Stand nice and tall with your feet and hips aligned.
2. Exhale and bend your knees as if you were sitting in a chair.
3. Extend your arms up with palms facing each other.

***Feel the strength and the serenity  
from the ground up!***