

You Are a Gardener®



Spreading the seeds of emotional empowerment and nurturing positive change in ourselves, our communities, and our world!



WELCOME GARDENERS

You Are a Gardener® is rooted in spreading the seeds of emotional empowerment and resilience for gardeners of all ages. We use gardening vocabulary as emotional metaphors: flowers represent our joy and gratitude, weeds signify our stress and struggles, gardening tools symbolize our healthy coping strategies, and seeds reflect the positive ways we grow through what we go through.

Let's dig in and nurture positive change together by cultivating more seeds of kindness, love, respect, inclusivity, empathy, compassion, and integrity.

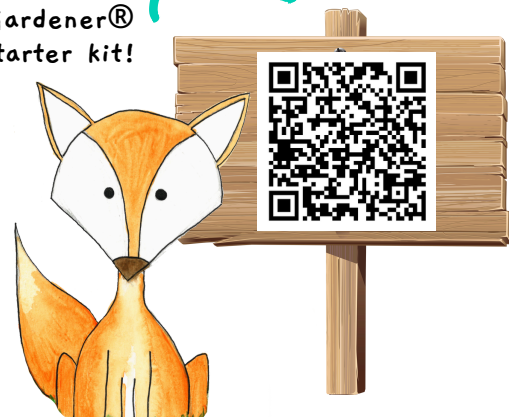
ROOTED IN GROWTH

Our platform is designed to empower gardeners of all ages by offering healthy gardening tools and engaging resources that foster positivity, resilience, and personal development. With our delightful book, interactive assemblies, #PullYourWeeds® Blog, community events, educational programs, and entertaining videos, we are committed to helping gardeners cultivate a calm, confident, and creative mindset.

This is where the seeds of emotional growth are planted...Let's grow!




Download the FREE You Are a Gardener® starter kit!



www.youareagardener.com

SPREAD KINDNESS



SPREAD SEEDS OF KINDNESS

- Pay someone a genuine compliment.
- Model inclusive behavior.
- Send someone a nice letter, email, or note.
- Be an active listener.
- Respect other gardeners' beliefs.
- Offer to help whenever you can.
- Lead by example, kindness spreads fast!

#PULLYOURWEEDS®

As gardeners, our mission is to spread seeds of kindness. Our kindness is needed now more than ever! Teaching gardeners how to spread kindness at a young age can have a profound impact on their lives and those around them. Not only does it create a more positive and compassionate environment, but it also helps gardeners develop important social and emotional skills.

Learning to be kind and empathetic towards others can improve relationships with peers, family members, and teachers. It can also boost self-esteem and reduce stress and anxiety (aka your weeds).

ORIGAMI FOXES



Our origami foxes offer a delightful, calming, and confidence-boosting activity for gardeners of all ages. They can serve as bookmarks, window decorations, or charming additions to letters and notes for your loved ones.

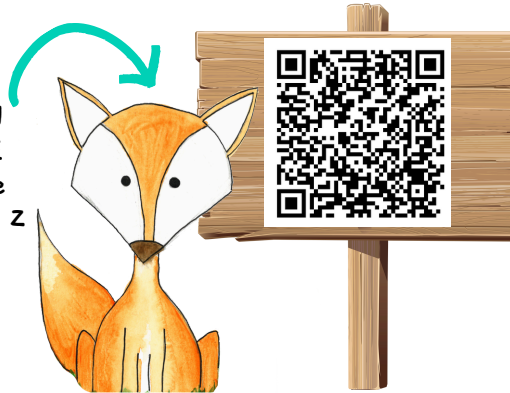
Download the step-by-step instructions!



SEEDS OF GRATITUDE

Gratitude is one of our favorite daily go-to “gardening tools”. It allows us to shift our focus from the weeds (stress) to the flowers (our joy). By practicing gratitude, we keep our thoughts rooted in appreciation and thankfulness. Engaging in this practice not only boosts our mood but also strengthens our emotional resilience by focusing on what truly matters. It's a gentle reminder that even amidst challenges, there's always something to be thankful for.

Download our FREE Gratitude From A to Z Activity Sheet!



GRATITUDE FROM A-Z

Write down the people, places or things that you are thankful for that start with each letter of the alphabet.

GARDENER: Shanna

- A Anna & Aidan, animals, art
- B Beach, books, baking
- C Crafting, cooking, coloring
- D Daniel (my husband), Diamond (my dog), drawing.
- E Electricity, education
- F Family, friends, flowers, fresh air
- G Gardeners, grandparents, 'gardening tools'
- H Home, healthy food, hanging with my family
- I Inventing things, ice cream
- J Journaling, joy, jokes
- K Kindness
- L Love, learning, laughing
- M Meeting new gardener friends, music
- N Nature
- O Opportunities to connect
- P Parents, pets, 'pull your weeds' assemblies
- Q Quiet time
- R Reading a good book, relaxing
- S Spreading positive seeds, sunshine, sleep
- T Traveling, teamwork
- U Universe
- V Vacations, victories
- W Water, walks in nature
- X eXercising, eXciting news, eXcellent eXperiences
- Y You Are a Gardener®
- Z getting some ZZZZsss

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WHAT'S COOKIN'

Cooking and baking together helps build on communication and cooperation skills. It's a wonderful opportunity to bond with family and friends, fostering a sense of fun, belonging and teamwork. Emotionally, it also boosts confidence when we successfully follow a recipe or come up with their own creations. Gardeners feel a sense of accomplishment and pride in our culinary achievements.

What's Cookin's

DIG INTO GARDENER APPROVED RECIPES THAT GARDENERS OF ALL AGES WILL LOVE!

Cooking and baking are wonderful 'gardening tools' that nurture our creativity, engagement, and confidence!

Check out some tasty recipes!

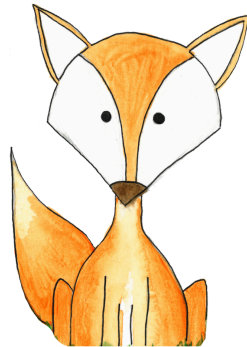
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BRING IT HOME

The You Are a Gardener® book is rooted in the belief that, regardless of our age, background, culture, or location, we are all ‘gardeners’ capable of planting seeds for positive change within ourselves, our families, our communities, and the world. All books are signed by the author & can be personalized!
ENTER PROMO CODE YAAGFAM FOR 10% OFF YOUR PURCHASE



Get
your
signed
copy
today!



KEEP IT GROWING

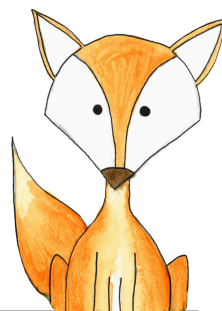


Collecting Gardening Tool Badges is a **FREE & FUN** way to keep the You Are a Gardener® mindset growing at home or in school!

**DOWNLOAD
YOUR FREE
COLLECTORS
SHEET!**



Sign up for our free weekly **'Weeds to Seeds' Newsletter** featuring new 'gardening tools' tasty recipes, easy crafts, fun videos, calming mindfulness activities & more...**Let's grow!**



Sign up for
FREE today
& keep it
growing!



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