

YOU ARE A GARDENER®

CORE GARDENING VOCABULARY



Dig into the
You Are a Gardener® mindset!

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GARDENING TOOLS

/ˈgɑːrd(ə)nɪŋ-təʊls/

phrase

positive ways to move forward
to help us feel confident and
calm (breathing techniques,
grounding exercises, arts &
crafts, DIY activities...)



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WEEDS

/wēdz/

noun

our negative/uncomfortable thoughts, feelings and emotions (sad, scared, mad, embarrassed, overwhelmed...)



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SEEDS

/sēds/

noun

what we learn about ourselves and others when we pull our weeds. the positive ways to help us move forward and grow.



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PULL YOUR WEEDS

/pŭl-yŏr-wēdz/

phrase

the most powerful gardening tool we have- talking about our 'weeds' with someone we trust (parent, teacher, guardian, counselor...)



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FLOWERS

/'flou(ə)rs/

noun

our joyful feelings, thoughts and emotions (baking cookies, snuggling, dancing, family, friends...)



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