



WE ARE ALL
FLOWERS

Thanks for downloading these resources.

This pack begins with coloring pages for younger children and grows more complex for older children.

You can also use these as inspiration to create a collage, reflection journal or class project together.

Feel free to adapt these practices to support your particular environment. And if you have any questions or comments, please know that I'm here!

Enjoy your #superwateringpower!!

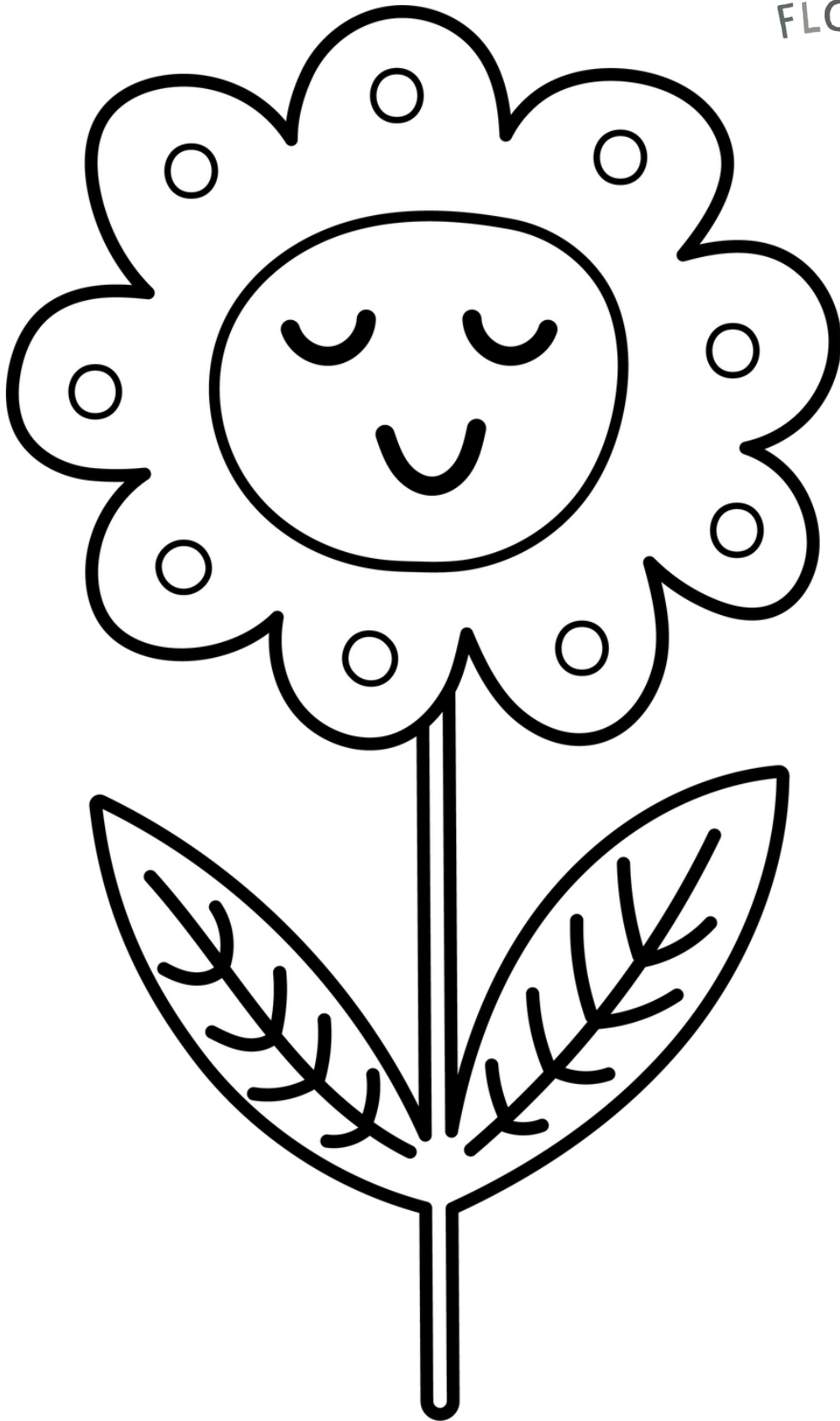
Take good care of your precious heart,
Orlaith



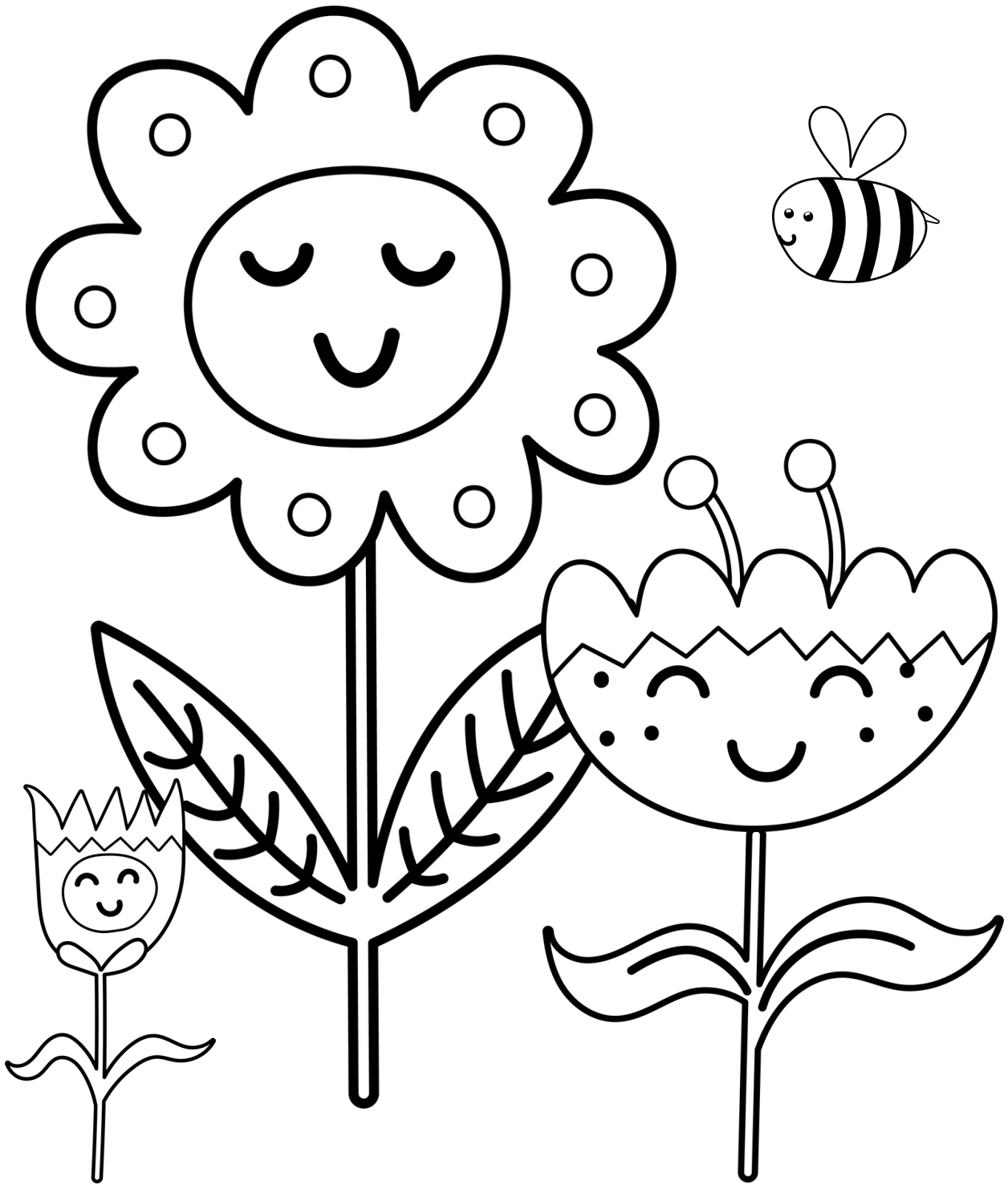
hello@orlaithosullivan.com

'We Are All Flowers' is published by Parallax Press and is available in all good bookshops.

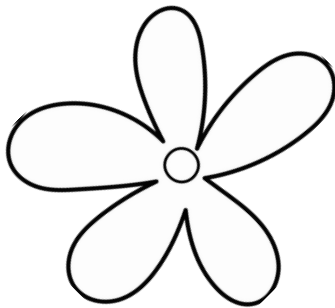
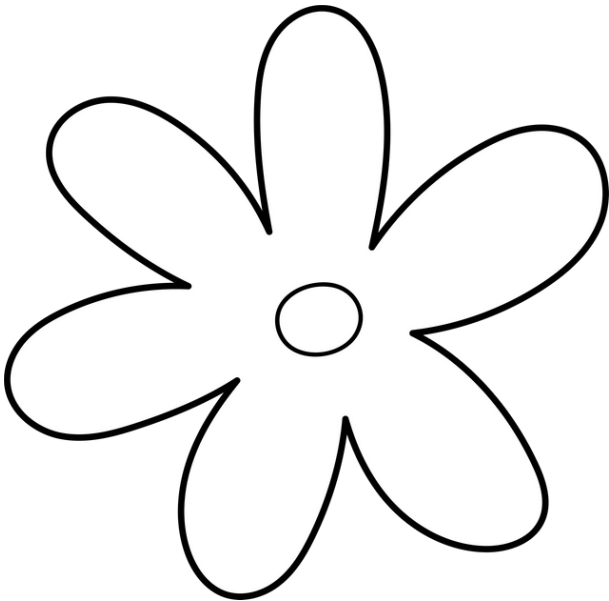
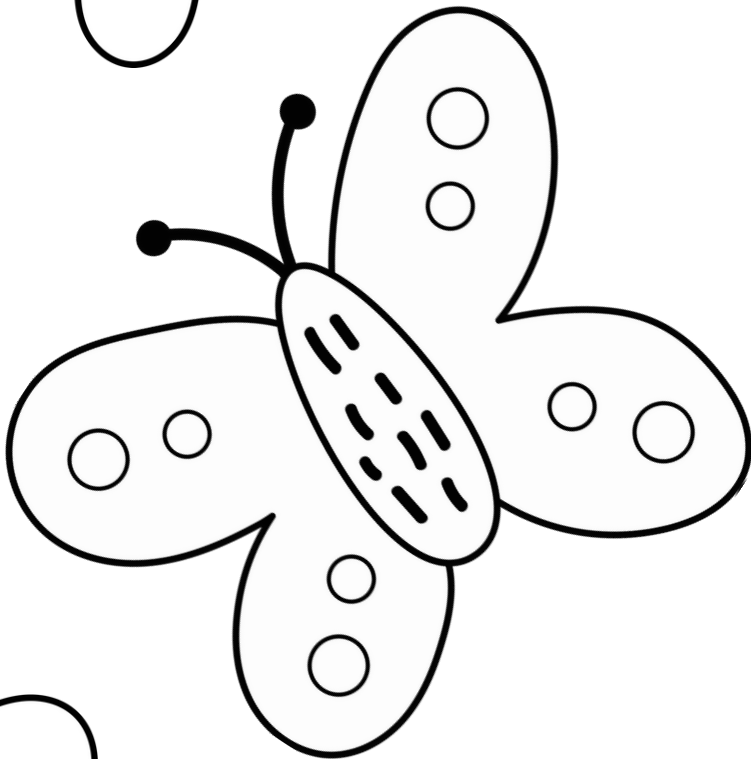
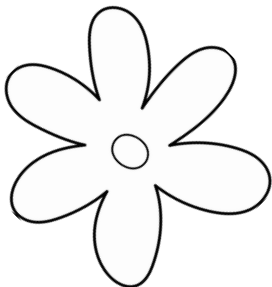
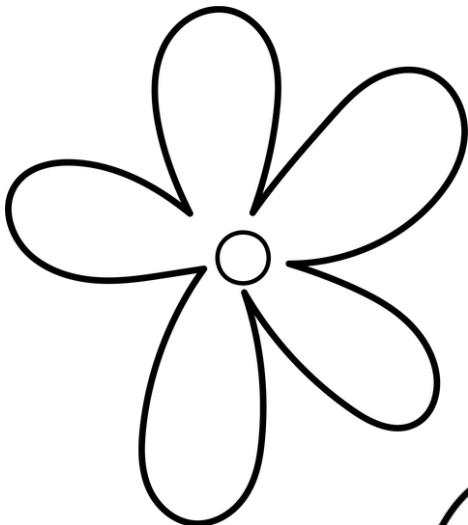
WE ARE ALL
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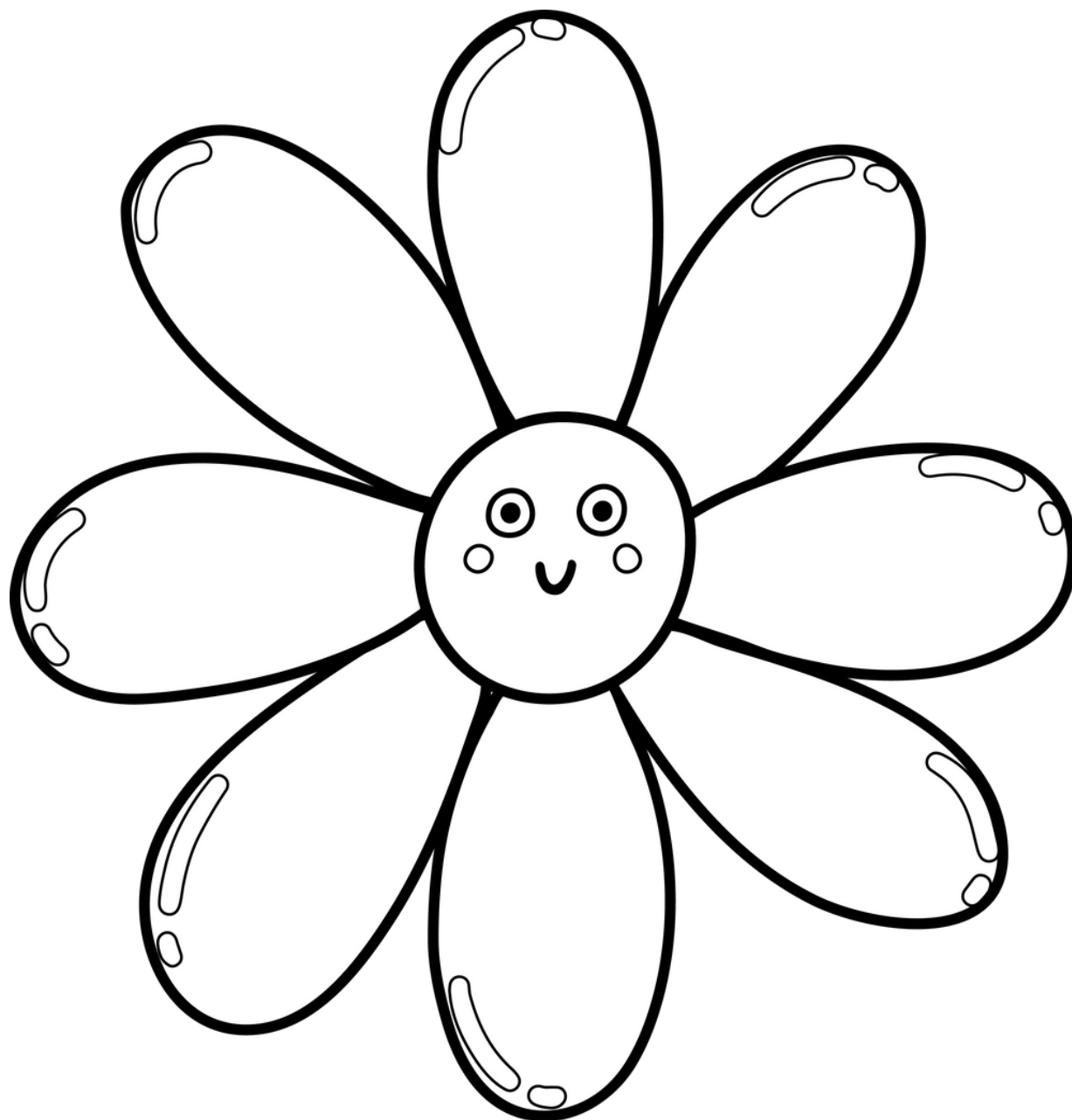
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Flower Watering for a person or animal

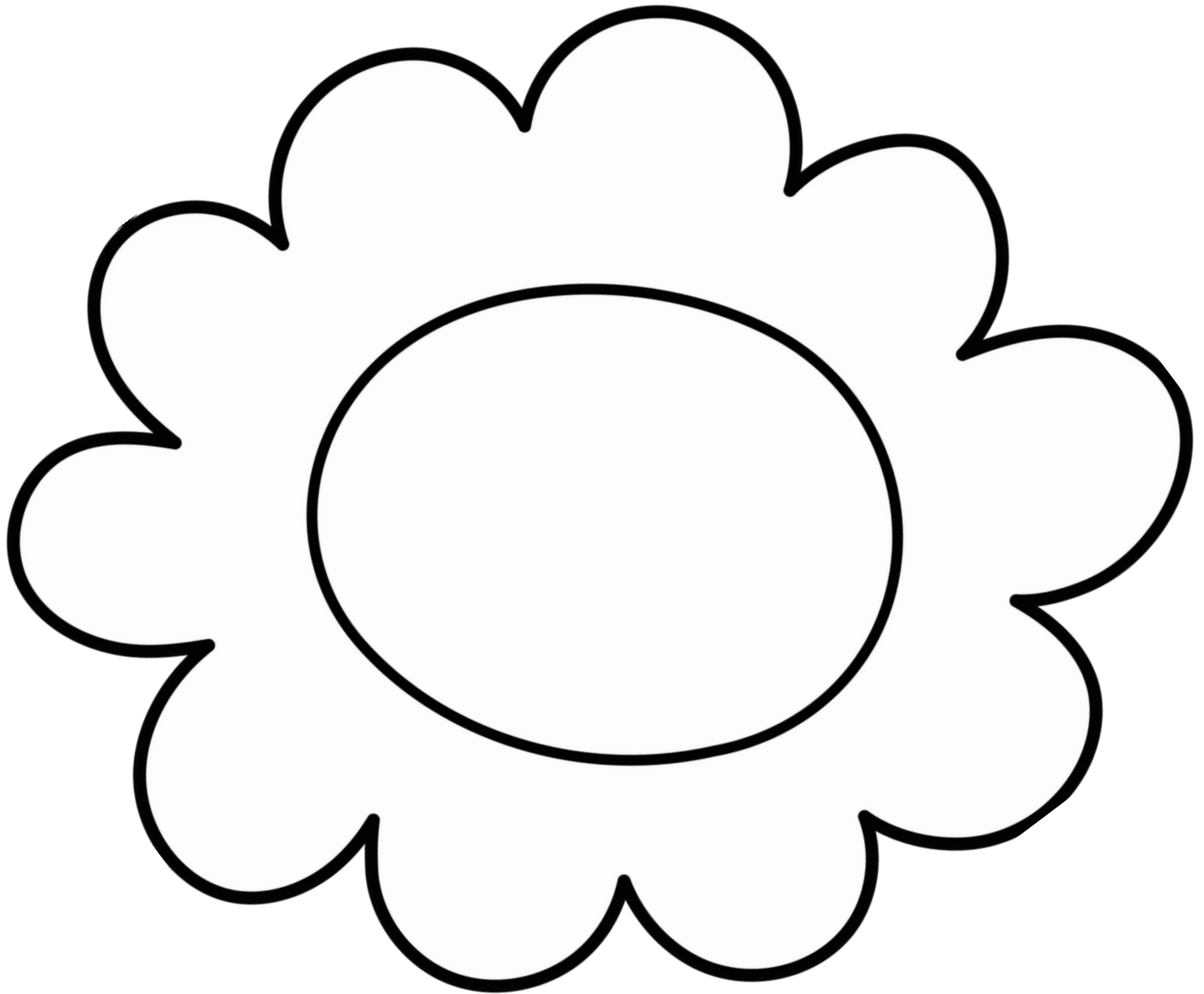


thank you



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Flower Watering for your world

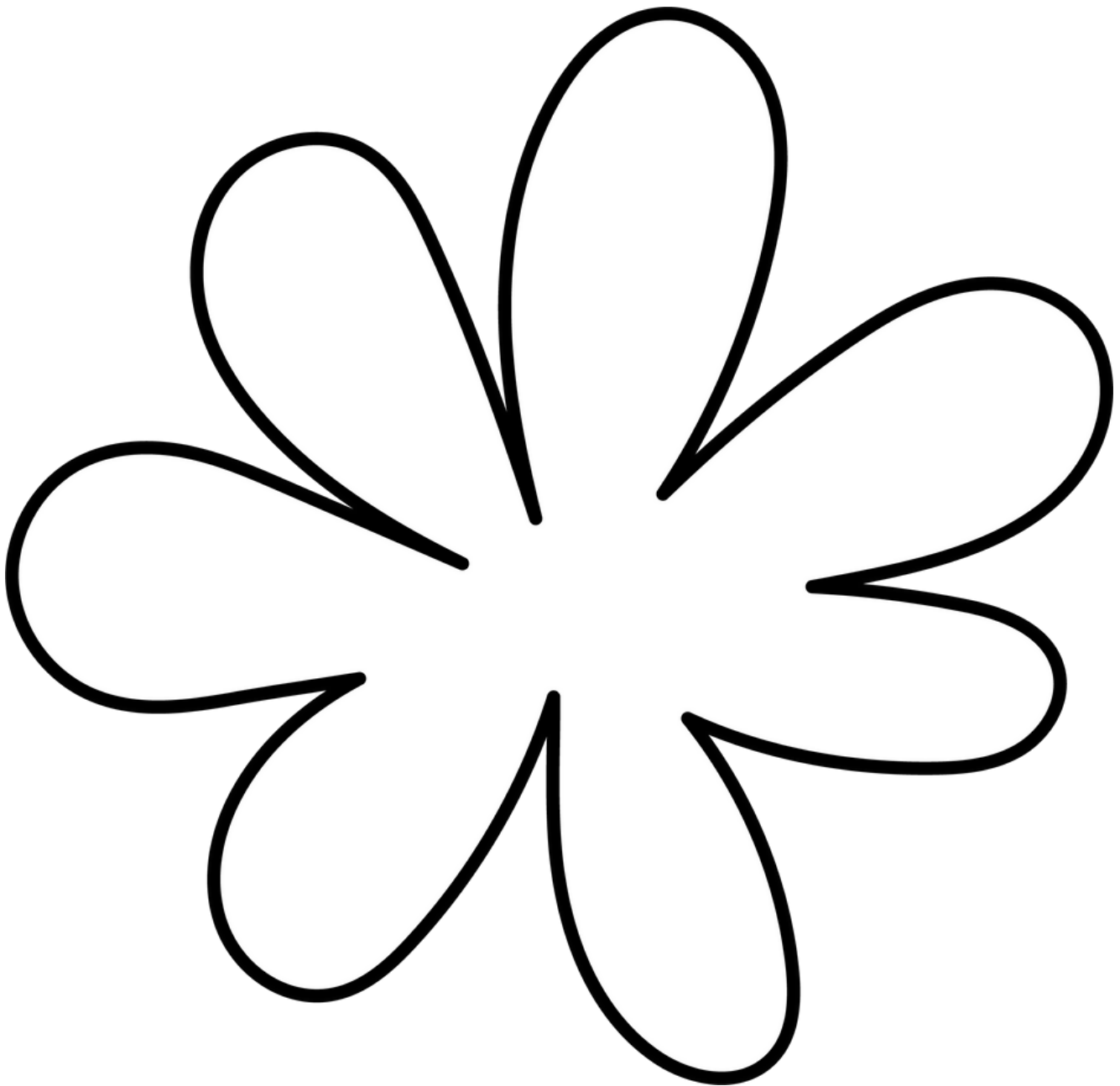


You can fill this flower with all the things that you love -
friends, family, pets, favorite part of nature, songs,
colors, foods - anything!



Flower Watering for YOU

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The importantest flower to water... is YOU!
What are some of the things that you appreciate
about yourself?



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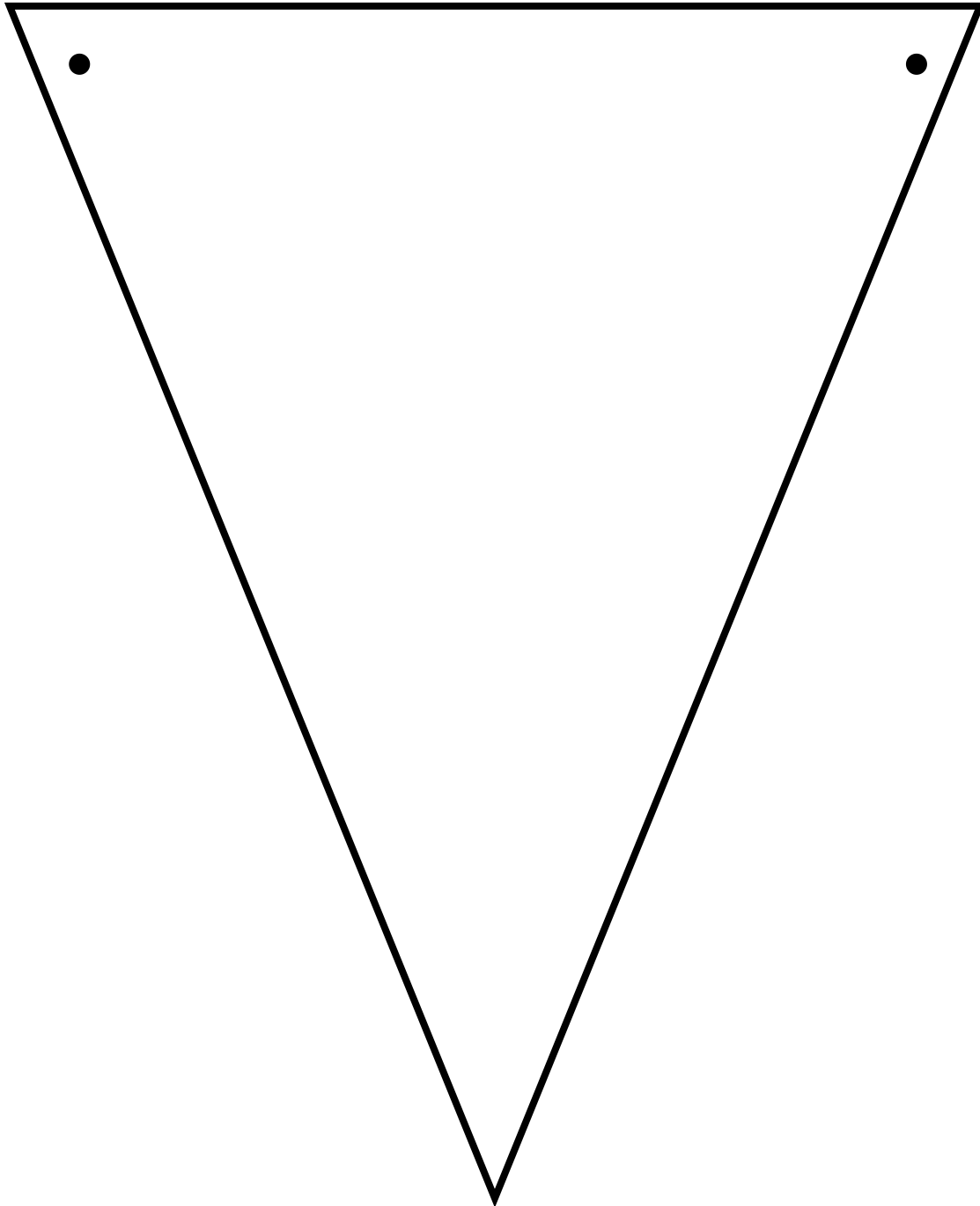
we are changing the world with

SUPER
WATERING
POWER



Flower Watering bunting for our class

WE ARE ALL
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Each student can decorate their own bunting with something they appreciate about themselves. Then we string the bunting together to celebrate our whole class (including our teacher)!



Map your gratitude

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My thoughts feel... (Are they fast or slow? Smooth or pointy? Do they have a color or texture?)

My face feels... (Notice your forehead, eyes, mouth & jaw)



How does gratitude feel inside your body?



Future gratitude

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What message could you offer your Future Self, to remind yourself of the goodness in your life?

I know it's a difficult moment. Please remember...



The neuroscience of gratitude

WE ARE ALL
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We can train our minds to notice the good things in our life.

Human brains naturally pay more attention to the bad

This is called 'negativity bias'. We overlearn from the bad and we underlearn from the good. This leads to a distorted perception of our day (or life)!

When you invite up a feeling of gratitude and soak that in

you have made it easier for your brain to feel gratitude for several hours.

Practicing flower watering regularly

changes your brain and helps you become attuned to the good in your life.

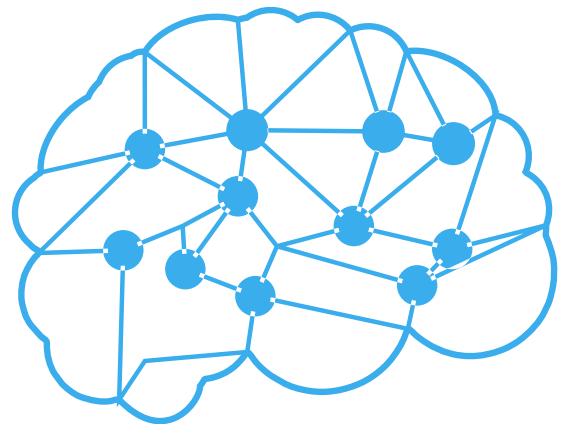
Gratitude is contagious

When you're grateful, you help other people to notice the good in their own life.

Gratitude strengthens relationships

Research shows that gratitude boosts pro-social behaviour and is closely linked to happiness.

When we cultivate gratitude, we are helping ourselves to grow into happier adults who feel connected to others.



You can research gratitude to find out more!