





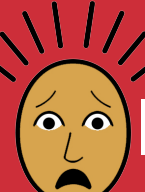











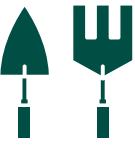





How can gardening help me?

When I feel...	I can try...
 tired  bored	
 happy  calm	
 worried  frustrated	
 panicked  angry	

Here are some ways people can use gardening or plants to help them feel better, stay focused, or calm down. Cut out the boxes below and stick them in the zone where you think they might help you. There is also space for you to add your own ideas.

<p>Walking outside</p> 	<p>Mixing soil or compost</p> 	<p>Collecting interesting leaves from the ground</p> 	<p>Feeling different plants</p> 	<p>Learning about plants</p> 
<p>Weeding</p> 	<p>Watering</p> 	<p>Helping someone</p> 	<p>Tidying up</p> 	<p>Removing dead flowers</p> 
<p>Digging</p> 	<p>Watching an insect without touching it</p> 	<p>Noticing the smells of plants</p> 	<p>Gardening with a friend</p> 	<p>Sitting outside and listening to the sounds</p> 