**A yellow circle with red dots and text

Description automatically generatedHow I feel about gardening**

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| --- | --- | --- |
| **How do I feel?** | **What is it about gardening that makes me feel this way?** | |
| Sad, tired, bored | It takes a long time. | It seems pointless. |
| It’s too quiet. | *Something else?* |
| Happy, relaxed, calm | It’s peaceful. | I can see things grow over time. |
| I am helping nature. | *Something else?* |
| Worried, frustrated, stressed | I don’t know what to do. | I don’t like being outside. |
| I don’t like getting dirty. | *Something else?* |
| Panicked, angry, terrified | Sometimes it goes wrong. | I don’t like being near insects. |
| It feels out of control. | *Something else?* |