

# Seeds of Compassion

Before setting your positive affirmation, take a deep breath in and let a deep breath out. Now, think of a kind affirmation you want to focus on while you help your plant grow. Complete this sentence:

**I AM** \_\_\_\_\_

- Each day, check on your seeds of compassion
- If the soil is dry, give it a small drink of water
- Mark off a square each time you care for your compassion plant!
- Take a few of your favorite mindful breaths
- Repeat your affirmation

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When your plant is as big as your pointer finger, you can plant it outside or gift it to someone in your community, like a neighbor or friend!

If your plant doesn't grow, don't worry - you can try again!

