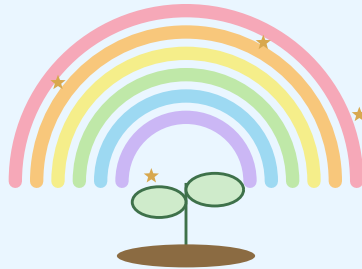




Growing Activity Journal



Mary and the Garden of Light

Bonus Pages

Practice patience, kindness, big feelings, drawing, gentle care, and growing your light.

by Pattie Bloom & Zinnia Grace Bloom

Bonus Growing Pages



Practice after the story.

Use these pages to practice noticing feelings, caring for small things, waiting with patience, and remembering that kindness can bloom in many ways.

My promise:

I can pause.

I can care gently.

I can wait while I grow.

My light matters too.



My Garden Comfort Kit



— Draw or write three things that help you wait, breathe, or try again. —

1. _____

2. _____

3. _____

Ideas: A quiet corner A deep breath A kind friend Nature My own idea

Garden Heart Practice 1



Write, draw, or ask a grown-up to help.

Place your hand on your heart. Ask yourself: What feeling is growing inside me right now?

Before I tried/practiced, I felt:

- | | |
|-------------------------------------|------------------------------------|
| ☐ Calm | ☐ Okay |
| ☐ Frustrated | ☐ Impatient |

After, my body/heart feels:

- | | |
|--|---------------------------------------|
| ☐ Calm | ☐ Better |
| ☐ Still waiting | ☐ Ready to try |

My words or drawing:

Garden Heart Practice 2



Write, draw, or ask a grown-up to help.

Say: I can care for small things. Today one small thing I can care for is:

Before I tried/practiced, I felt:

- ☐ Calm
- ☐ Okay
- ☐ Frustrated
- ☐ Impatient

After, my body/heart feels:

- ☐ Calm
- ☐ Better
- ☐ Still waiting
- ☐ Ready to try

My words or drawing:

Garden Heart Practice 3



Write, draw, or ask a grown-up to help.

Think about Mary's quiet seed. A time I had to wait was:

Before I tried/practiced, I felt:

- ☐ Calm
- ☐ Okay
- ☐ Frustrated
- ☐ Impatient

After, my body/heart feels:

- ☐ Calm
- ☐ Better
- ☐ Still waiting
- ☐ Ready to try

My words or drawing:

Garden Heart Practice 4



Write, draw, or ask a grown-up to help.

Frustration can stand at the doorway of patience. When I feel frustrated, I can:

Before I tried/practiced, I felt:

- | | |
|-------------------------------------|------------------------------------|
| ☐ Calm | ☐ Okay |
| ☐ Frustrated | ☐ Impatient |

After, my body/heart feels:

- | | |
|--|---------------------------------------|
| ☐ Calm | ☐ Better |
| ☐ Still waiting | ☐ Ready to try |

My words or drawing:

Garden Heart Practice 5



Write, draw, or ask a grown-up to help.

A kind heart can grow things we cannot always see. One hidden kind thing I did was:

Before I tried/practiced, I felt:

- ☐ Calm
- ☐ Okay
- ☐ Frustrated
- ☐ Impatient

After, my body/heart feels:

- ☐ Calm
- ☐ Better
- ☐ Still waiting
- ☐ Ready to try

My words or drawing:

Garden Heart Practice 6



Write, draw, or ask a grown-up to help.

Every color carries a feeling. Today my feeling color is:

Before I tried/practiced, I felt:

- | | |
|-------------------------------------|------------------------------------|
| ☐ Calm | ☐ Okay |
| ☐ Frustrated | ☐ Impatient |

After, my body/heart feels:

- | | |
|--|---------------------------------------|
| ☐ Calm | ☐ Better |
| ☐ Still waiting | ☐ Ready to try |

My words or drawing:

Garden Heart Practice 7



Write, draw, or ask a grown-up to help.

Storms can feel big, but I can still choose one gentle action. One gentle action I can choose is:

Before I tried/practiced, I felt:

- ☐ Calm
- ☐ Okay
- ☐ Frustrated
- ☐ Impatient

After, my body/heart feels:

- ☐ Calm
- ☐ Better
- ☐ Still waiting
- ☐ Ready to try

My words or drawing:

Garden Heart Practice 8



Write, draw, or ask a grown-up to help.

The garden blooms when care, patience, and kindness work together. My garden promise today is:

Before I tried/practiced, I felt:

- ☐ Calm
- ☐ Okay
- ☐ Frustrated
- ☐ Impatient

After, my body/heart feels:

- ☐ Calm
- ☐ Better
- ☐ Still waiting
- ☐ Ready to try

My words or drawing:

Draw the Garden 1



Draw Mary planting her quiet seed.



Draw the Garden 2



Draw the starflower waiting underground.



Draw the Garden 3



Draw the Mirror glowing under the stage.



Draw the Garden 4



Draw the colors Mary sees traveling to Aurelia.



Draw the Garden 5



Draw the Starlings shining their gifts.



Draw the Garden 6



Draw Olivia Sue caring for every living thing.



Draw the Garden 7



Draw the Skyprancers helping in the garden.



Draw the Garden 8



Draw a storm over Aurelia turning gentle.



Draw the Garden 9



Draw Mosswick, the Guardian of the Garden Paths.



Draw the Garden 10



Draw the Kindness Garden blooming with light.



My Garden Feelings Journal 1

Write, draw, or ask a grown-up to help.

Today I felt:

One feeling I noticed:

A seed of patience I can practice:

One kind thing I can grow:

My Garden Feelings Journal 2

Write, draw, or ask a grown-up to help.

Today I felt:

One feeling I noticed:

A seed of patience I can practice:

One kind thing I can grow:

My Garden Feelings Journal 3

Write, draw, or ask a grown-up to help.

Today I felt:

One feeling I noticed:

A seed of patience I can practice:

One kind thing I can grow:

My Garden Feelings Journal 4

Write, draw, or ask a grown-up to help.

Today I felt:

One feeling I noticed:

A seed of patience I can practice:

One kind thing I can grow:

My Garden Feelings Journal 5

Write, draw, or ask a grown-up to help.

Today I felt:

One feeling I noticed:

A seed of patience I can practice:

One kind thing I can grow:

My Garden Feelings Journal 6

Write, draw, or ask a grown-up to help.

Today I felt:

One feeling I noticed:

A seed of patience I can practice:

One kind thing I can grow:

My Garden Feelings Journal 7

Write, draw, or ask a grown-up to help.

Today I felt:

One feeling I noticed:

A seed of patience I can practice:

One kind thing I can grow:

My Garden Feelings Journal 8

Write, draw, or ask a grown-up to help.

Today I felt:

One feeling I noticed:

A seed of patience I can practice:

One kind thing I can grow:

My Garden Feelings Journal 9

Write, draw, or ask a grown-up to help.

Today I felt:

One feeling I noticed:

A seed of patience I can practice:

One kind thing I can grow:

My Garden Feelings Journal 10

Write, draw, or ask a grown-up to help.

Today I felt:

One feeling I noticed:

A seed of patience I can practice:

One kind thing I can grow:

My Growing Words



Write or trace words that help your heart grow.

I can wait.

I am still growing.

I can try again.

Small kindness matters.

My light matters.

My Patience Plan



A grown-up can help me fill this in.

When something is taking longer than I hoped, I can:

- ☐ Take one slow breath
- ☐ Ask for help
- ☐ Give it more time
- ☐ Speak kindly to myself
- ☐ Try one small next step

One patient sentence I can use:

My Kindness Garden Promise

A grown-up can help me fill this in.

I promise to help kindness grow by:

- ☐ Noticing someone quiet
- ☐ Using gentle words
- ☐ Caring for living things
- ☐ Trying again after mistakes
- ☐ Letting others grow in their own time

My own kindness garden promise:

My Light Matters 1



Write, draw, or ask a grown-up to help.

Finish the sentence: My light matters because... One way I can help kindness bloom is:

Before I tried/practiced, I felt:

- | | |
|-------------------------------|---------------------------------|
| ☐ Calm | ☐ Okay |
| ☐ Shy | ☐ Unsure |

After, my body/heart feels:

- | | |
|--------------------------------|---|
| ☐ Seen | ☐ Hopeful |
| ☐ Brave | ☐ Still learning |

My words or drawing:

My Light Matters 2



Write, draw, or ask a grown-up to help.

Finish the sentence: My light matters because... One way I can help kindness bloom is:

Before I tried/practiced, I felt:

☐ Calm

☐ Okay

☐ Shy

☐ Unsure

After, my body/heart feels:

☐ Seen

☐ Hopeful

☐ Brave

☐ Still learning

My words or drawing:

My Light Matters 3



Write, draw, or ask a grown-up to help.

Finish the sentence: My light matters because... One way I can help kindness bloom is:

Before I tried/practiced, I felt:

- | | |
|-------------------------------|---------------------------------|
| ☐ Calm | ☐ Okay |
| ☐ Shy | ☐ Unsure |

After, my body/heart feels:

- | | |
|--------------------------------|---|
| ☐ Seen | ☐ Hopeful |
| ☐ Brave | ☐ Still learning |

My words or drawing:

Read It Again



Reflect on the story.

My favorite page was:

I liked it because:

A skill I can try is:

One More Growing Breath



Write, draw, or ask a grown-up to help.

Finish the journal with one gentle breath. In through your nose. Hold two. Out through your mouth, slow and smooth. I am patient. I am growing. I belong.

Before I tried/practiced, I felt:

☐ Calm

☐ Okay

☐ Frustrated

☐ Impatient

After, my body/heart feels:

☐ Calm

☐ Better

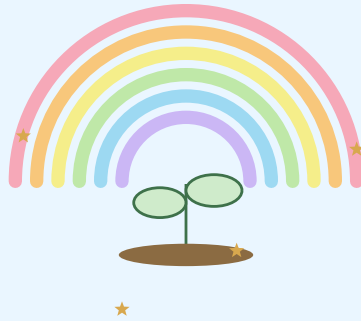
☐ Hopeful

☐ Ready to rest

My words or drawing:



Thank You for Reading



May every quiet seed be cared for, every feeling
find room, and every heart remember: I am still
growing, and my light matters.