



# Weekly Weeder



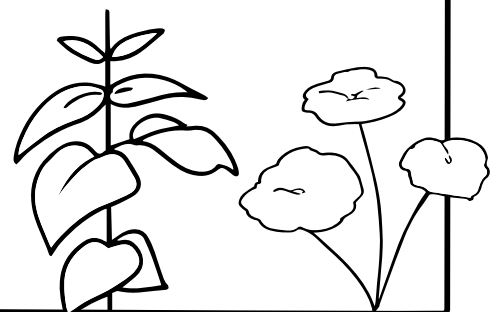
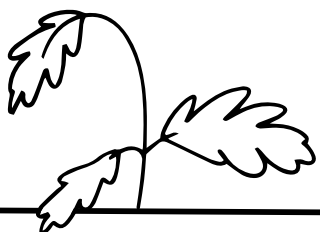
Thoughts sprout up all day long, and are connected to your emotions. When you feel happy, you are more likely to have positive thoughts. When you feel worried or angry, you are more likely to have weedy, negative thoughts. A few weeds in your mental garden are fine, but too many can crowd out more helpful and realistic thoughts.

Practice noticing and growing your thought garden with this Weekly Weeder!



## Directions

1. Cut out the plants and the plant tray by cutting along the solid lines.
2. Create the plant tray by folding it in half along the dotted line, so the days are facing out. Fold the side flaps back to help the tray stand up.
3. Each day pick a plant that looks like a strong emotion you felt.
4. If the emotion was connected to a weedy thought, use one of your de-weeding tools to turn the thought, and the plant, around!
5. Reflect on how your feelings grew each day and reward yourself at the end of the week!



Cut out the plant pieces and your weekly plant tray!

