

The Quiet Work Before We Bloom

Before a flower opens, a lot of important work is happening that we cannot see. Inside the bud, petals are forming. Below the ground, roots are growing and reaching for water.

The plant is quietly getting ready to bloom. People grow in similar ways.

Sometimes the most important work happens quietly inside us before others can see it.

Take a moment to think about the quiet ways you are growing.

Inside My Bloom

If you could look inside your own flower bud, what would you see growing there?

Write your ideas. Think about the qualities or strengths that are growing inside you.



My Roots



Strong flowers grow strong roots.
What helps you grow strong?

Write your ideas. Think about the people, places, and things that help you learn and grow.

When I bloom, I will...

Finish the sentence. Think about how the things growing inside you might show up in the world.

