



Thanks for downloading these resources.

This pack begins with colouring pages for younger children and grows more complex for older children.

You can also use these as inspiration to create a collage, reflection journal or class project together.

Feel free to adapt these practices to support your particular environment. And if you have any questions or comments, please know that I'm here!

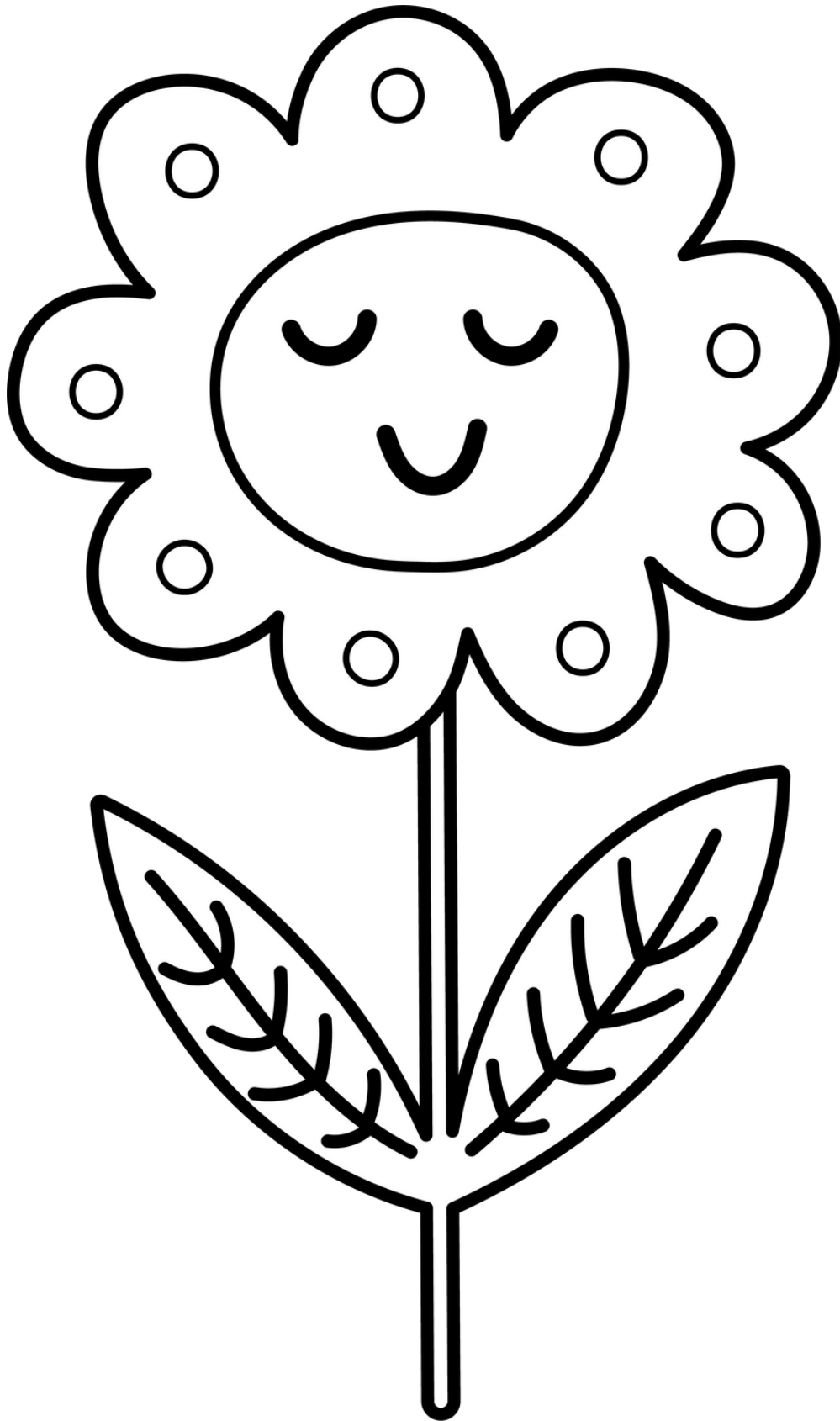
Enjoy your #superwateringpower!!

Take good care of your precious heart,  
Orlaith



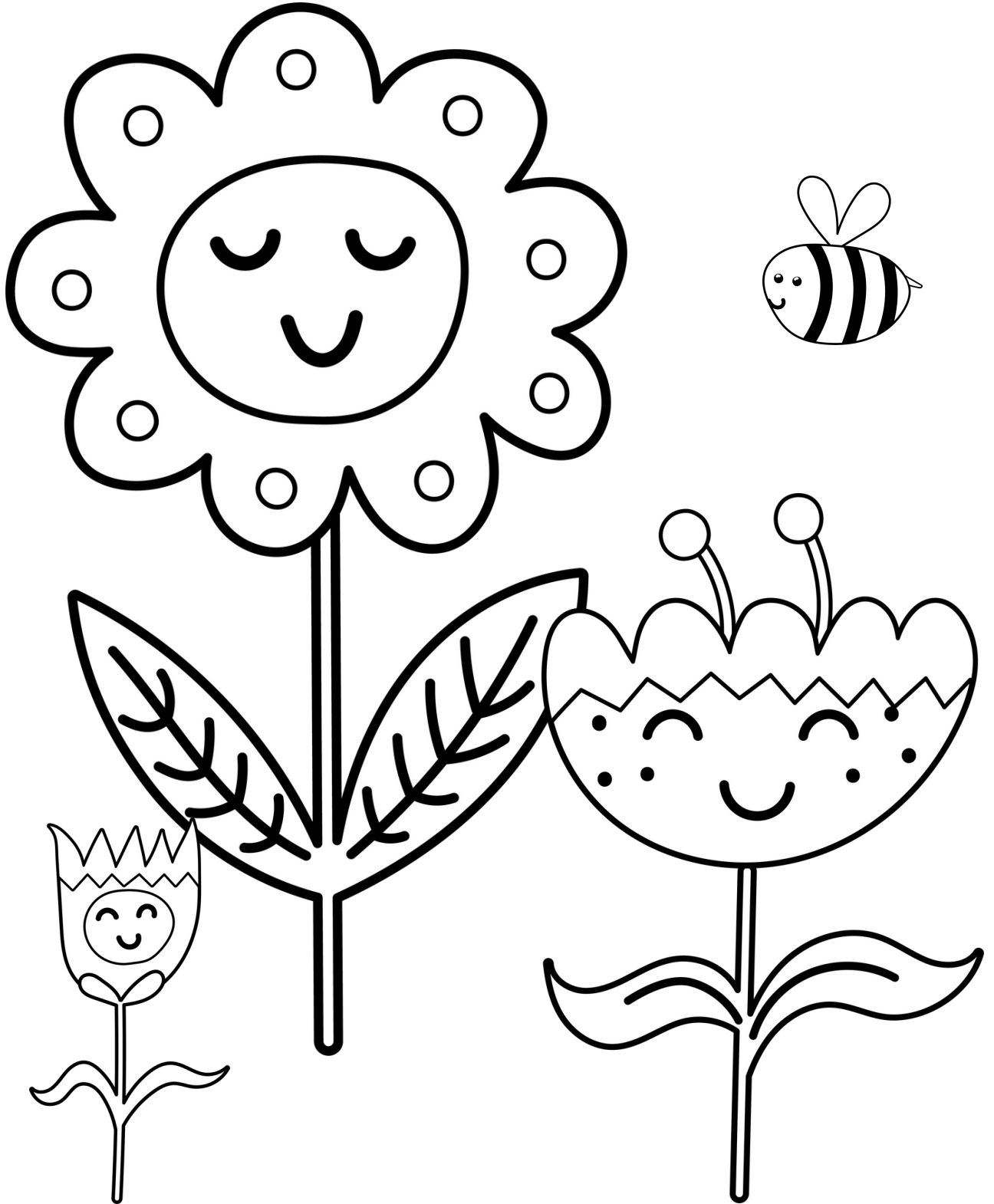
[hello@orlaithosullivan.com](mailto:hello@orlaithosullivan.com)

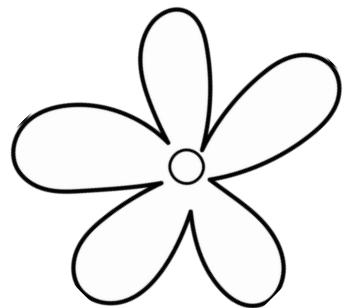
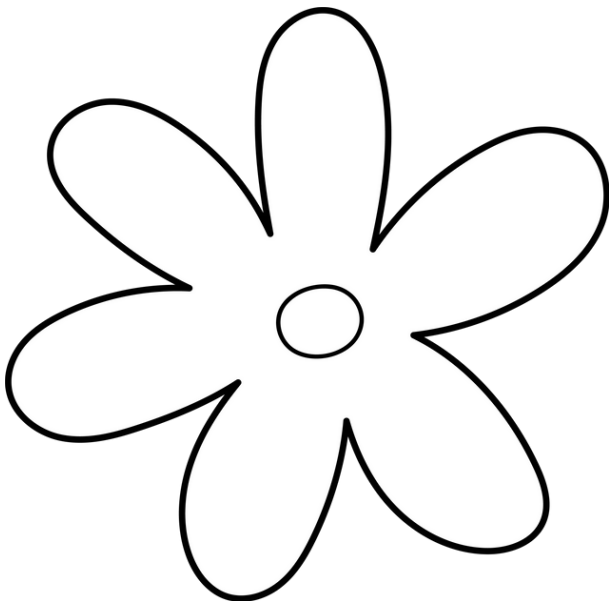
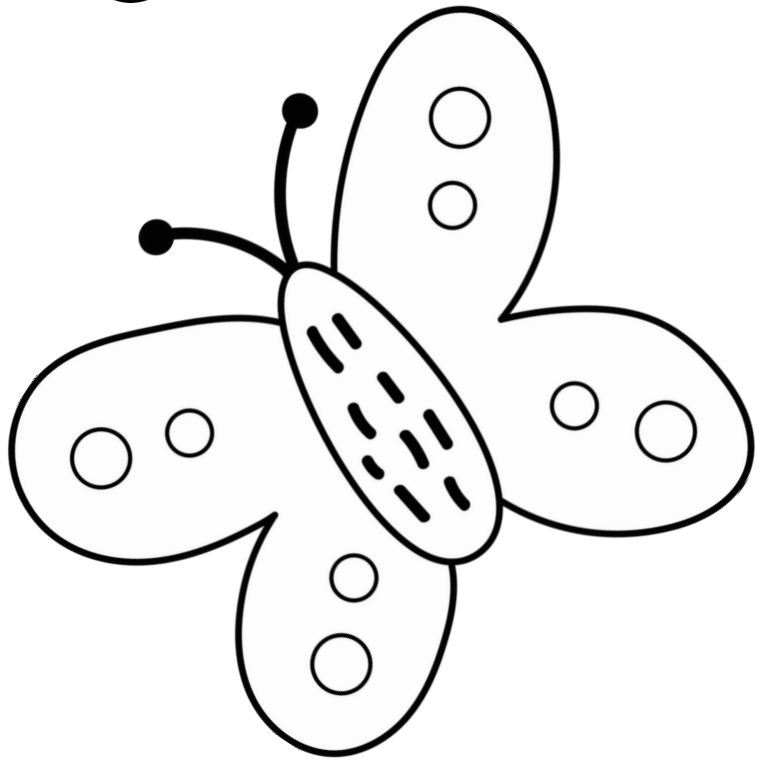
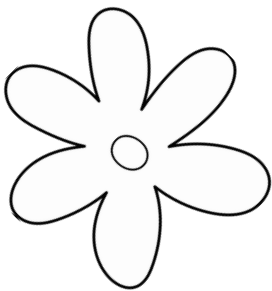
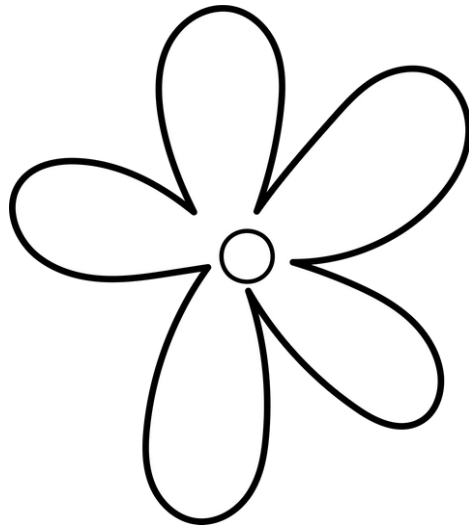
'We Are All Flowers' is published by Parallax Press and is available in all good bookshops.





WE ARE ALL  
FLOWERS

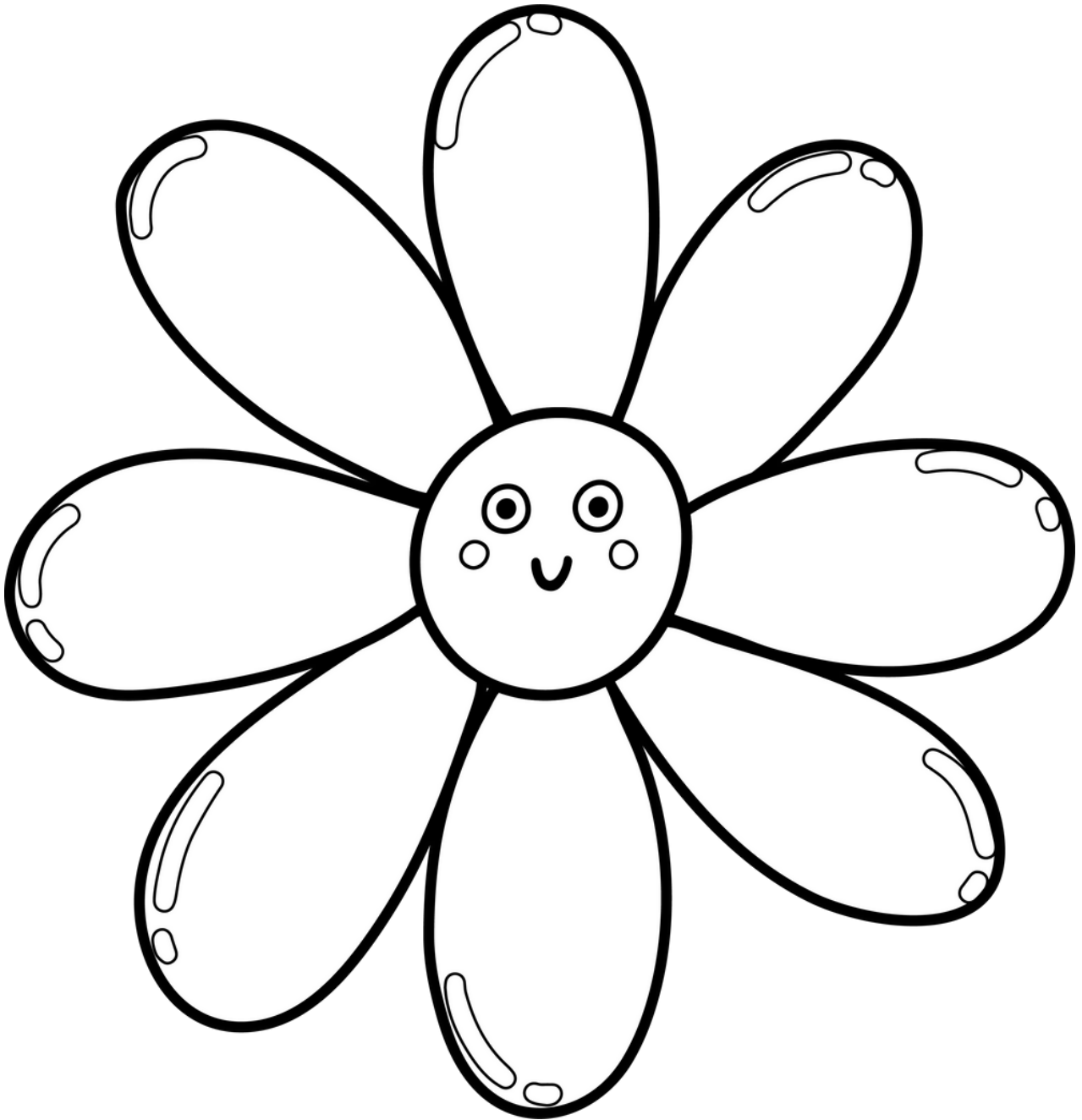






WE ARE ALL  
FLOWERS

## Flower Watering for a person or animal

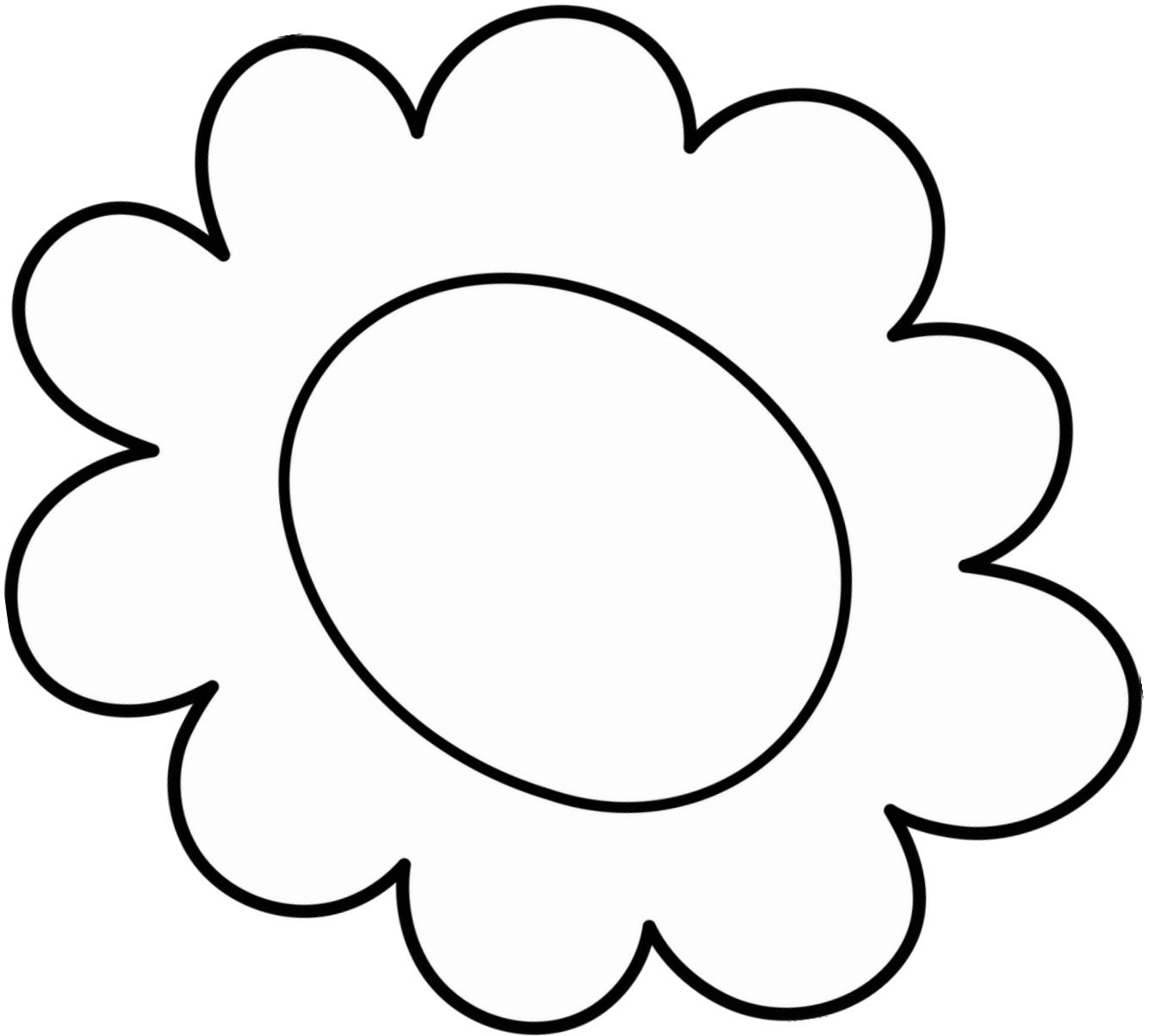


**thank you**



WE ARE ALL  
FLOWERS

## Flower Watering for your world

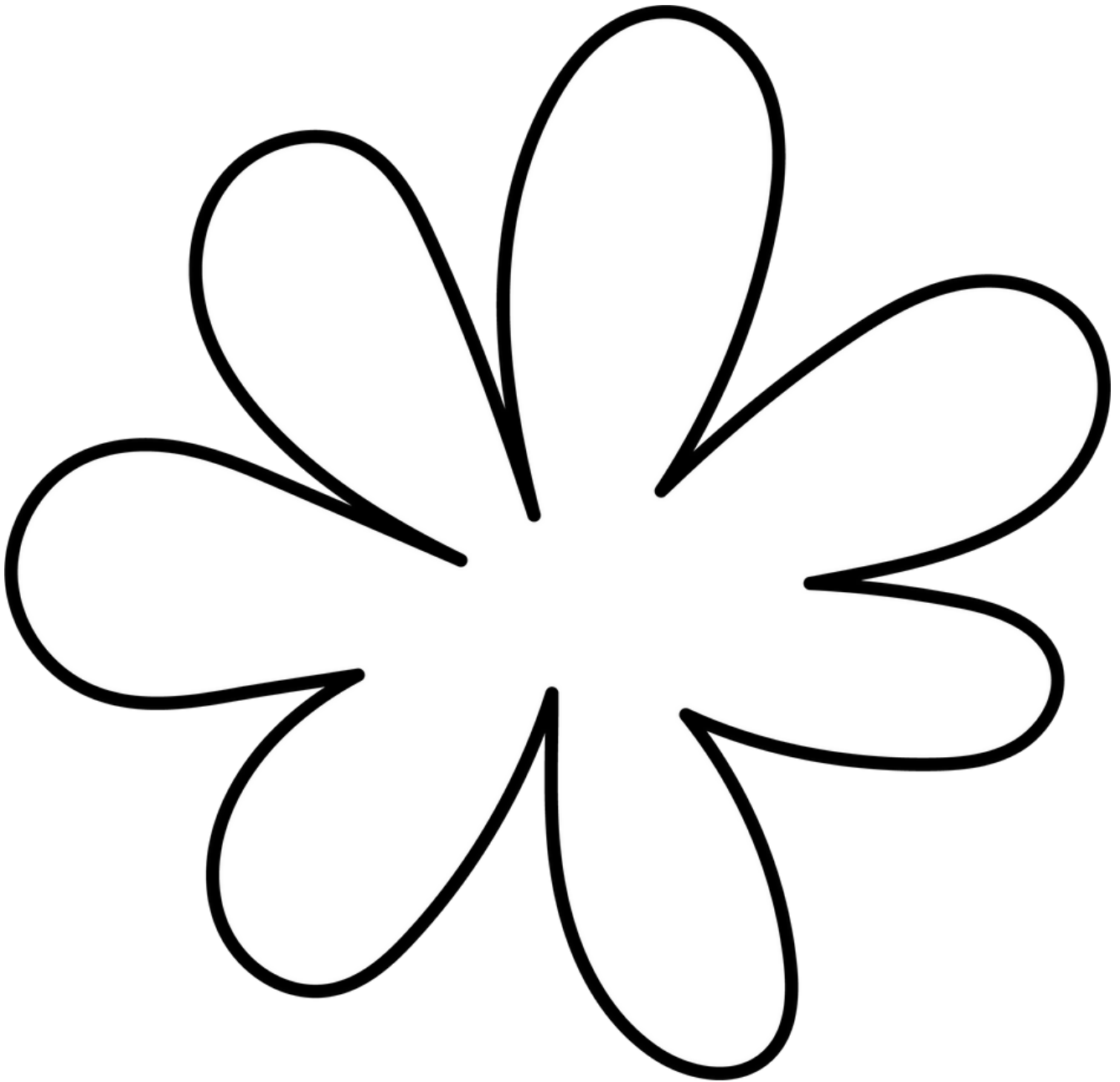


You can fill this flower with all the things that you love -  
friends, family, pets, favourite part of nature, songs,  
colours, foods - anything!



WE ARE ALL  
FLOWERS

# Flower Watering for YOU



The importantest flower to water... is YOU!  
What are some of the things that you appreciate  
about yourself?



WE ARE ALL  
FLOWERS

we are changing the world with

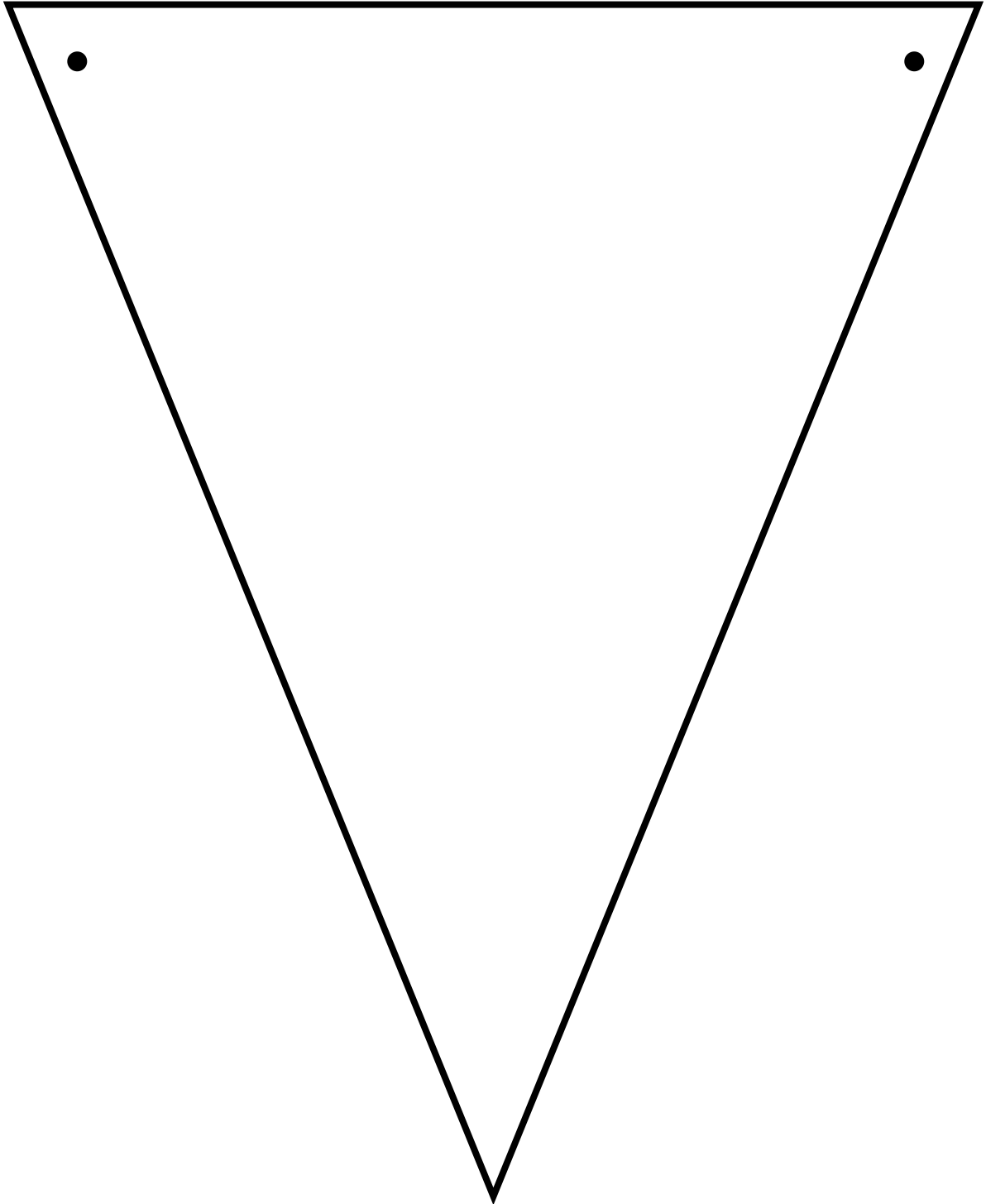
SUPPER  
WATERING  
POWER





# Flower Watering bunting for our class

WE ARE ALL  
FLOWERS



Each student can decorate their own bunting with something they appreciate about themselves. Then we string the bunting together to celebrate our whole class (including our teacher)!



# Map your gratitude

**My thoughts feel...** (Are they fast or slow? Smooth or pointy? Do they have a colour or texture?)

**My face feels...** (Notice your forehead, eyes, mouth & jaw)



How does gratitude feel inside your body?



# Future gratitude

WE ARE ALL  
FLOWERS



What message could you offer your Future Self, to remind yourself of the goodness in your life?

I know it's a difficult moment. Please remember...



# The neuroscience of gratitude

WE ARE ALL  
FLOWERS

**We can train our minds to notice the good things in our life.**

## **Human brains naturally pay more attention to the bad**

This is called 'negativity bias'. We overlearn from the bad and we underlearn from the good. This leads to a distorted perception of our day (or life)!

## **When you invite up a feeling of gratitude and soak that in**

you have made it easier for your brain to feel gratitude for several hours.

## **Practicing flower watering regularly**

changes your brain and helps you become attuned to the good in your life.

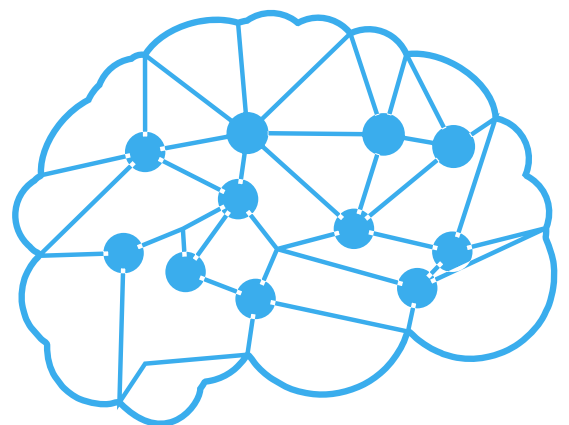
## **Gratitude is contagious**

When you're grateful, you help other people to notice the good in their own life.

## **Gratitude strengthens relationships**

Research shows that gratitude boosts pro-social behaviour and is closely linked to happiness.

When we cultivate gratitude, we are helping ourselves to grow into happier adults who feel connected to others.



You can research gratitude to find out more!