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*Take a Break...*

*Relax Your Mind...*

*"BEE Kind" to Yourself & Listen to Calming Music...*



*Our Co-Host has created a YouTube channel with music that encourages a healthy mind, body and soul.*

*As an educator, she has seen first-hand how this relaxing music helps adults and children focus, calm, be mindful and release tension. Music added to this channel is carefully selected to bring you the highest quality.*

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# Mother's Day Activity to Enjoy with Children!

## Directions..

**Materials Needed:** You will need a large sheet of construction paper (about 18"x 12"), glue, crayons or markers, green construction paper (to make stem and leaves), and spring stickers of bugs (optional)

### What to DO:

1. Encourage children to color the flowerpot outline provided any way they want:



2. Provide assistance cutting out the flowerpot design if needed and glue onto large construction paper. Encourage children to think about how the stem and leaves should look and allow them to place/glue it inside the flowerpot.





## Directions Continued...

3. Read the Mother's Day Poem to the children. Encourage them to think about how the poem relates to their own growth. Have back-forth conversations about what plants need to grow and what they need to grow.
4. Glue the Mother's Day Poem provided (see next page) on the page next to the flowerpot. Help child write their name on the bottom of the poem or write it for them if needed.
5. Allow the child to pick the color they want to paint their hand (or select multiple colors). Assist the child with painting the palm of their hand. Show them how to spread their fingers wide to create a representation of a blooming flower! In the widely spread position, have them place their hand at the top of the stem and lift carefully to create their handprint on the paper to represent a flower.

**Variation:** You can paint hand and make print more than once to create a bigger flower!

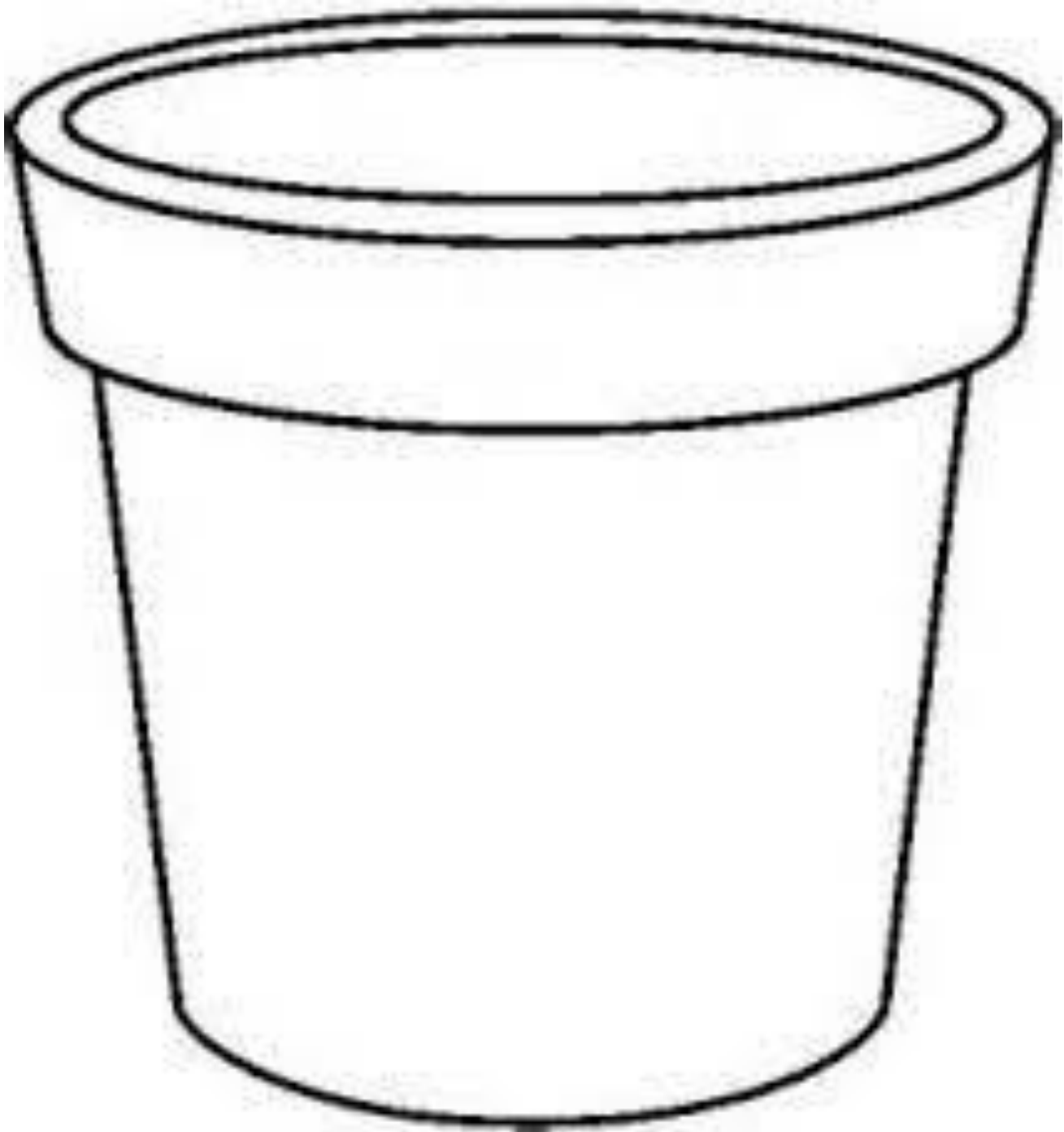
6. Allow child to attach bug stickers around the flowerpot (optional).
7. Allow project to dry. Laminate if possible. Present as a Mother's Day Gift to child's Mother (or Mothering figure in the child's life) as a keepsake gift!



# Flowerpot

*Allow child to color and cut out...*

*Design retrieved from: <http://clipart-library.com/free/flower-pot-clip-art-black-and-white.html>*



# Mommy's My Gardener!

Written By: ©Yolanda T. Richey, 2016

Mommy's my gardener – didn't you know?

She provides everything I need to grow.

My seed she plants with loving care,

And waters me daily through time we share!

The shine in her eyes provide the sun...

That brightens each day with so much fun!

Ever so gently, she pulls my weeds...

Guiding me, as she meets my needs!

The time she takes to prune & groom,

All to help me fully bloom...

Confident, strong and healthy I'll grow...

Cause Mommy's the BEST gardener I know!

Love You, Mommy... Now & Forever.

# A Mother's Day Song to Sing/Teach Children!

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## *Mommy's My Gardener!*

(Tune: You Are My Sunshine)



***Mommy's my gardener...***

***A wonderful gardener!***

***She helps me grow each & every day!***

***Plants seeds of love and...***

***Waters me with kindness!***

***Her heart's the sun***

***that makes me shine in every way!***



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Remember...

*You **can't** pour from an empty cup!*

*You **shouldn't** pour from an unhealthy cup!*

*Make it a priority to take a few moments  
everyday to offer yourself kindness  
through relaxing, mindful activities!*

*We thank you for your generous donations!*

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