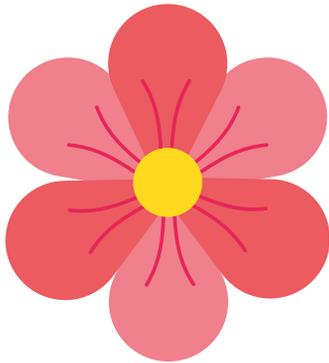




# FLOWER WITH SEEDS

## Lesson of the Day:

Plant seeds of kindness and love everywhere you go. The flowers that grow when you plant empathy will make the world a much more beautiful place.



## Materials:

- Paper
- Markers/crayons
- Glue
- Scissors
- Seeds
- Glitter/glitter glue
- Tissue paper

## Instructions:

1. Discuss the lesson of the day with your students. Talk about what it means to them.
2. Give students the flower outline.
3. Have them fill the center with flower seeds of some kind, gluing them down. Sunflowers can be especially fun.
4. Have them fill in the petals with tissue paper, either flat or balled up.
5. Have them color the background, the stem, and the leaves. Allow them to add decorative details with glitter or glitter glue.