

# Art of Parenting: Seeds

“The heart is like a garden. It can grow compassion or fear, resentment or love. What seeds will you plant?” ~ Jack Kornfield *Buddha's Little Instruction Book*

## What seeds were planted in your heart during your childhood?

- How we were raised influences our parenting styles, skills, hopes and expectations. Therefore, knowing ourselves can help us better know and parent our child(ren).
- Find your “seed packet” with two pieces of paper in your notebook.
- Think back to your own childhood. What caused you to experience joy? To feel loved and valued? What experiences caused you pain and/or fear?
- After thinking for a moment about your childhood, write down 5 positive, joyful experiences on one piece of paper and 5 negative, adverse experiences on the other.
- Please remember, especially when thinking about the negative, these experiences are past experiences. They describe your past, they are part of who you are today. But they do not define your future.
- Place the two pieces of paper in the seed packet, and place the packet inside your notebook.

## Flower Power: Remember you are not alone in this parenting journey.

- Please find your flower.
- Make sure your group leader's name and contact information is on it.
- Consider offering your contact info to another parent in the group.
- Consider offering resource information.

## The Art of Parenting: The Heart

**"Your heart is full of fertile seeds waiting to sprout." - Morihei Ueshiba**

### What is stamped on your heart?

- Quick Review:** Last week's activity touched on the idea of adversity and resilience. Read last week's quote:

**"The heart is like a garden. It can grow compassion or fear, resentment or love. What seeds will you plant?" - Jack Kornfield Buddha's Little Instruction Book**

- Take out your seed packet and look at the adverse experiences. Think about what negative experiences you want to leave behind, and fold the paper in half and place it back in the packet. Negative experiences may be part of your past, but do not have to define your future.
- Now take out your positive experiences. What experiences do you want to sprout and grow in your heart?
- Write your name on the paper heart. Write it big and bold. Use colored markers.
- Surrounding your name, write the "seeds" (the positive qualities) you want to plant in you own heart. They can be the seeds that were placed in you heart when you were young, and they can be new seeds you want to grow in your heart now.
- Use paints, stamps, and markers to decorate your heart.
- Are you willing to share your heart with the group? What do you want to grow in your heart? Remember everything shared is to be kept confidential. Confidentiality is key to creating a safe and trusting environment. 😊