

Plant Positivity

Do you ever imagine going to outer space? Maybe you dream up awesome sculptures or stories. Each idea is like a flower sprouting to life. Since you can have up to 60,000 thoughts a day, your brain is in full bloom!

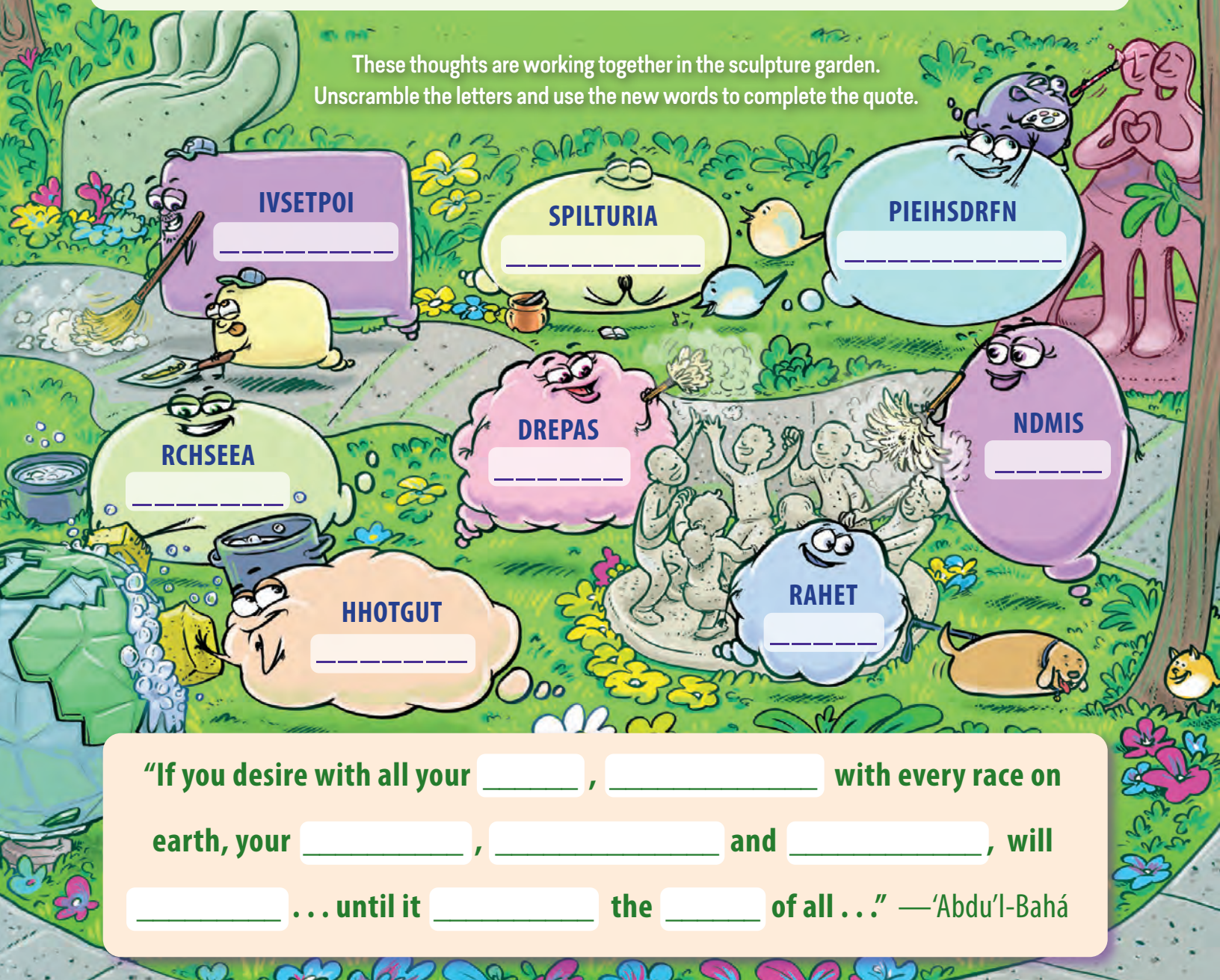
Planting positive thoughts helps you thrive. If you're practicing piano or learning a soccer trick, optimistic self-talk helps you stick with it. Did a new neighbor move in? Kind and hopeful thoughts can

empower you to walk over and say hi.

Watch out for negative weeds that try to creep in. If you get tangled up in worry or pessimism, clear it away and let fresh ideas take root. Visit nature, play music, talk to family and friends, or say prayers.

Optimism can inspire words and actions that uplift you and others. When we're connected with positivity, we can overcome thorny situations and grow stronger and happier.

These thoughts are working together in the sculpture garden. Unscramble the letters and use the new words to complete the quote.



IVSETPOI

SPILTURIA

PIEIHSDRFN

RCHSEEA

DREPAS

NDMIS

HHOTGUT

RAHET

"If you desire with all your _____, _____ with every race on earth, your _____, _____ and _____, will _____ ... until it _____ the _____ of all ..." —'Abdu'l-Bahá