

EDUCATORS' RESOURCE KIT

THANKS FOR DOWNLOADING THESE RESOURCES

A letter by Orlaith O'Sullivan

This pack begins with coloring 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.

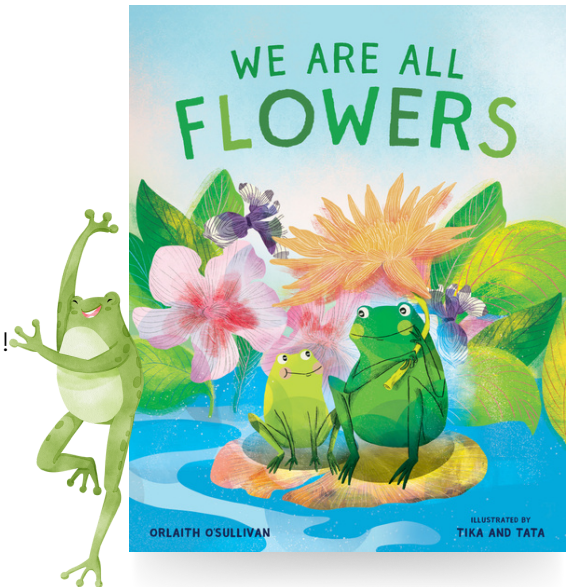
Feel free to adapt these practices to support your particular environment. And if you have any questions or comments, please know that I'm here!

Enjoy your #superwateringpower!!

Take good care of your precious heart,

Orlaith

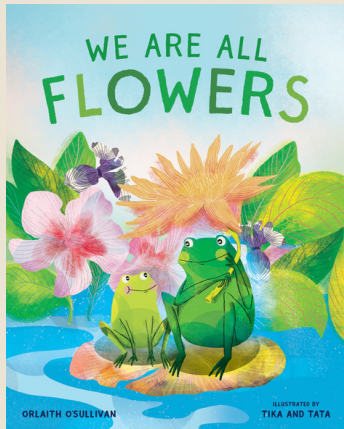
hello@orlaithosullivan.com



ABOUT ORLAITH O'SULLIVAN

Orlaith O'Sullivan is a mindfulness educator, poet, and writer whose work has been shortlisted for the William Trevor International Short Story Competition and the J. G. Farrell Award. She is the winner of the Fish-Knife Award for Crime and The Stinging Fly Prize. She holds a PhD in Renaissance English literature and has taught widely, from Beowulf to feminist science fiction. On the mindfulness and SEL side, Orlaith O'Sullivan is a founding member of the Community of Contemplative Education, Mind & Life Europe's group to cultivate human flourishing through education, which offers research, evidence-based, and overviews to deepen our understanding of what works and how. O'Sullivan is the International Coordinator of Wake Up Schools, the award-winning grassroots organization for mindfulness in education. She lives in Dublin, Ireland.

EDUCATORS' RESOURCE KIT



ISBN: 9781952692130
EBOOK ISBN: 9781952692147
US \$17.95 | \$23.95 CAN

PAGE COUNT: 40
TRIM SIZE: 8-½ X 9-½

AGE: 4-8 YEARS
GRADE: PRESCHOOL-3

THEMES: gratitude, friendship, self-worth, love, appreciation, connection, helping and supporting others, family, community, compassion, understanding, self-care, self-awareness, mindfulness, feelings, happiness, kindness, care, uniqueness, mood

FOCUS AREAS: social-emotional learning (identifying feelings and emotions and learning ways to express gratitude and appreciation), reading and comprehension strategies (deciphering figurative and metaphorical language), analyzing illustrations

WE ARE ALL FLOWERS

by *Orlaith O'Sullivan*

We are all flowers! We all need compliments and appreciation to be our best selves, just like flowers need water. This fun and sweet book introduces children to the practice of flower watering: the much-needed art of recognizing and appreciating good qualities in the people around you, which brightens and lifts everyone's spirits. It includes a section on watering your own flowers to grow self-esteem.

ABOUT THE ILLUSTRATORS

Tika & Tata are sisters from Georgia with a passion for drawing since childhood. Their illustration style is versatile and includes many different techniques that include messages and feelings that they want to express through their work. They love to draw nature, animals, and plants in various colors and styles.

GUIDE CONTENT

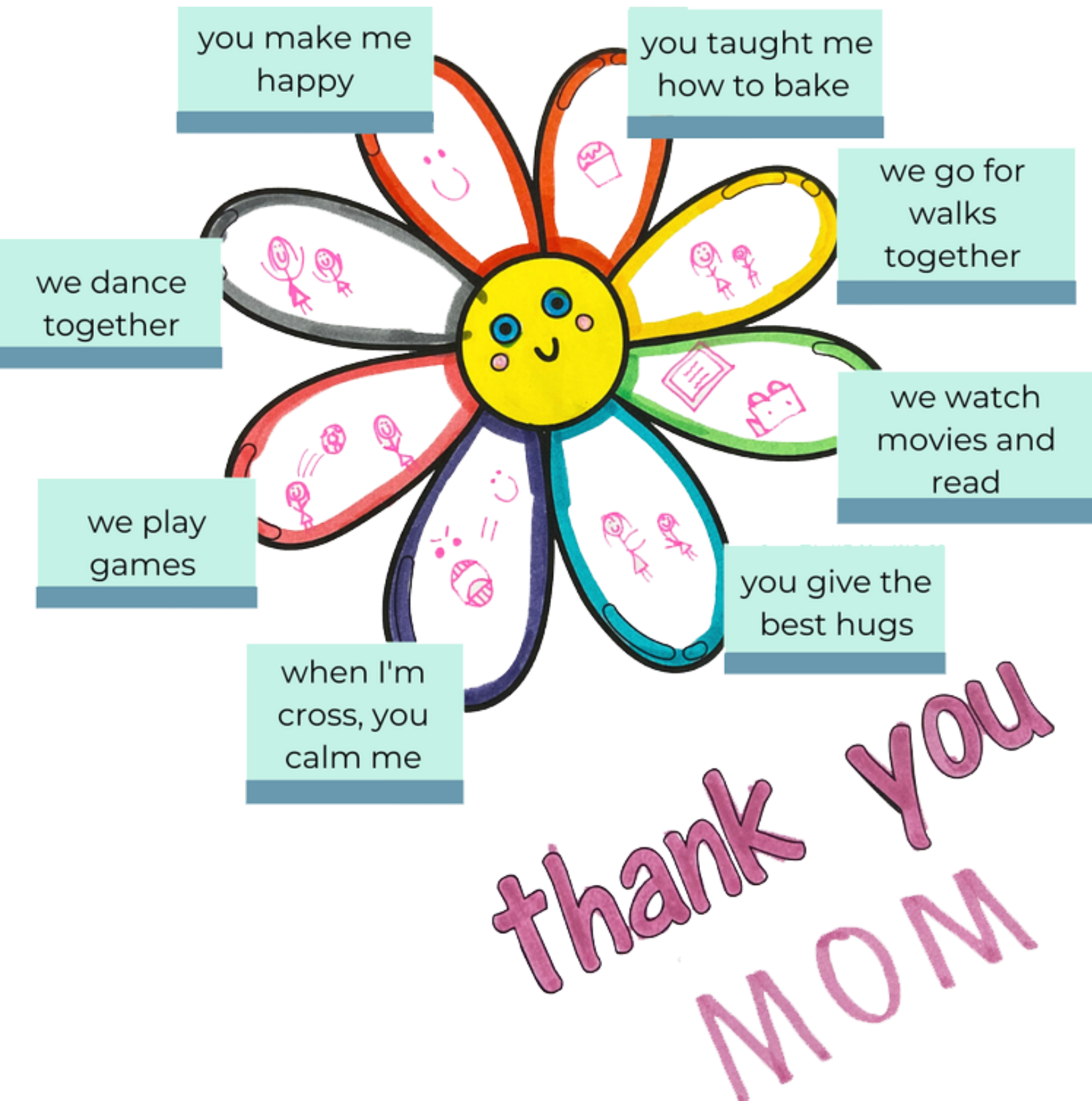
This guide contains classroom extension activities and discussion opportunities.

The purpose of these activities is to continue engagement with the book's lessons beyond reading it and to solidify understanding of the themes.

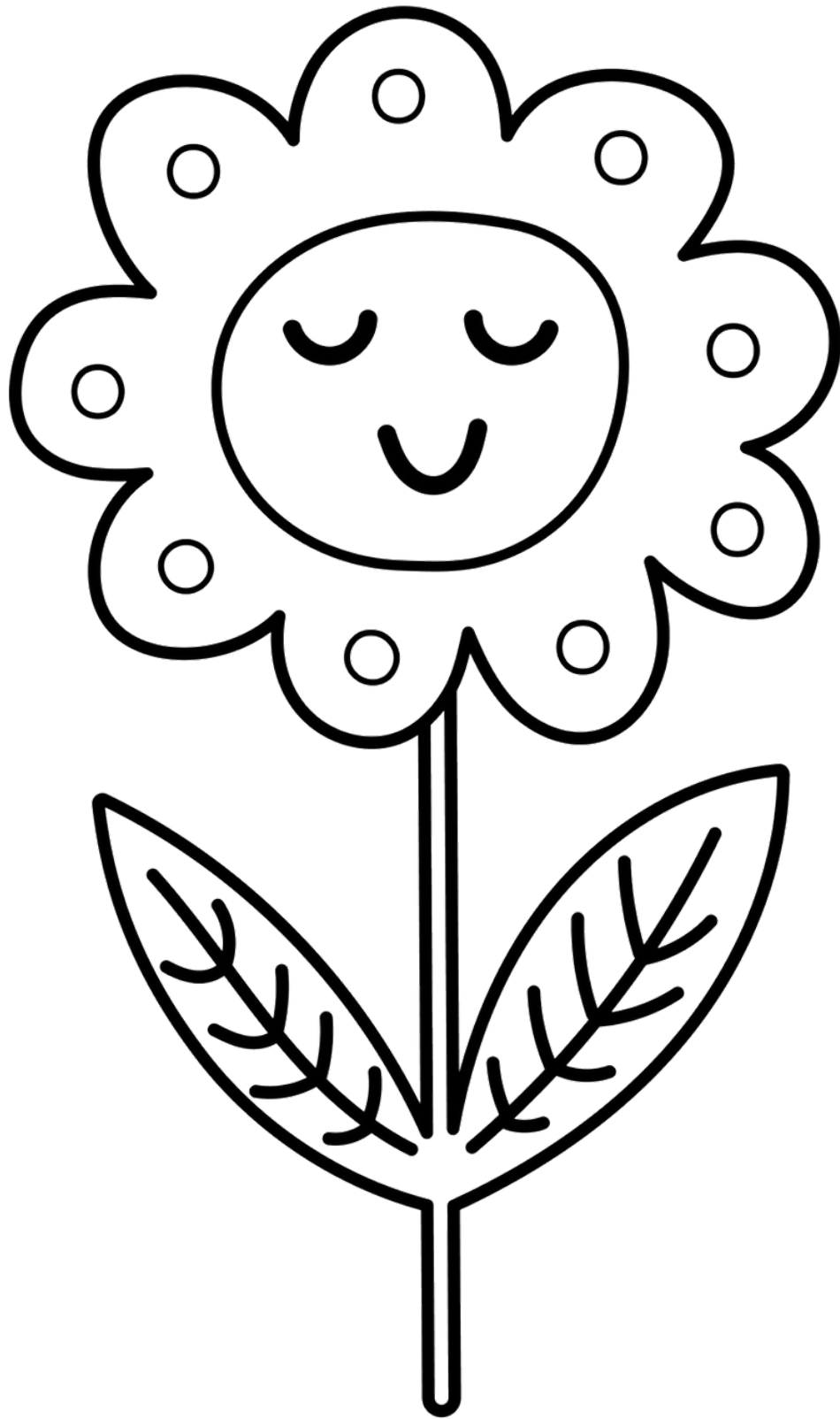
After activity discussions could include sharing some of the things each person appreciates about someone else or themselves, sharing what it felt like to focus on the things they like about people, or "homework" to practice flower-watering with someone they know and then report back to class how that felt and how the other person responded.

An example of a completed activity is presented on the next page of this document.

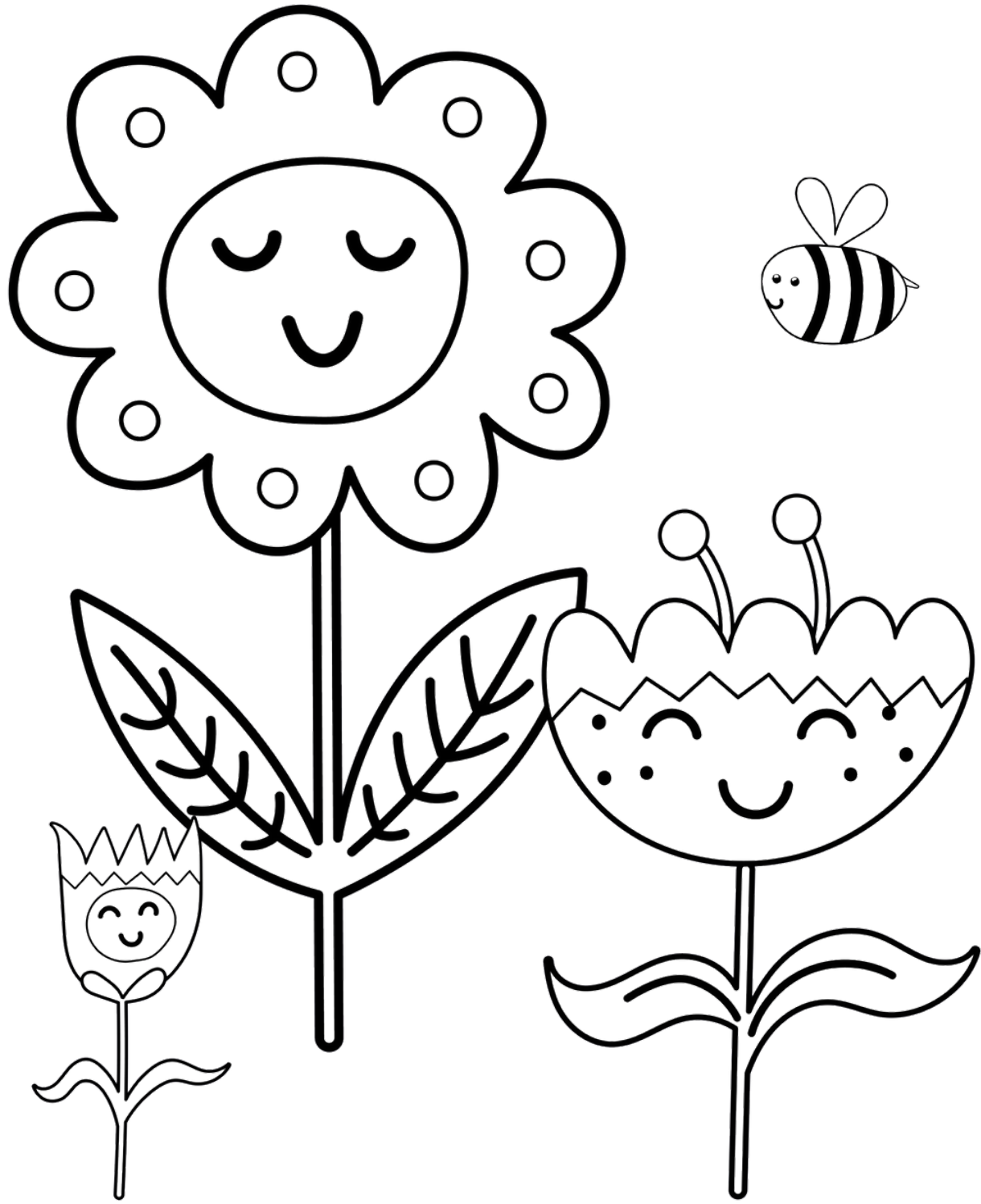
EXAMPLE OF A COMPLETED VERSION



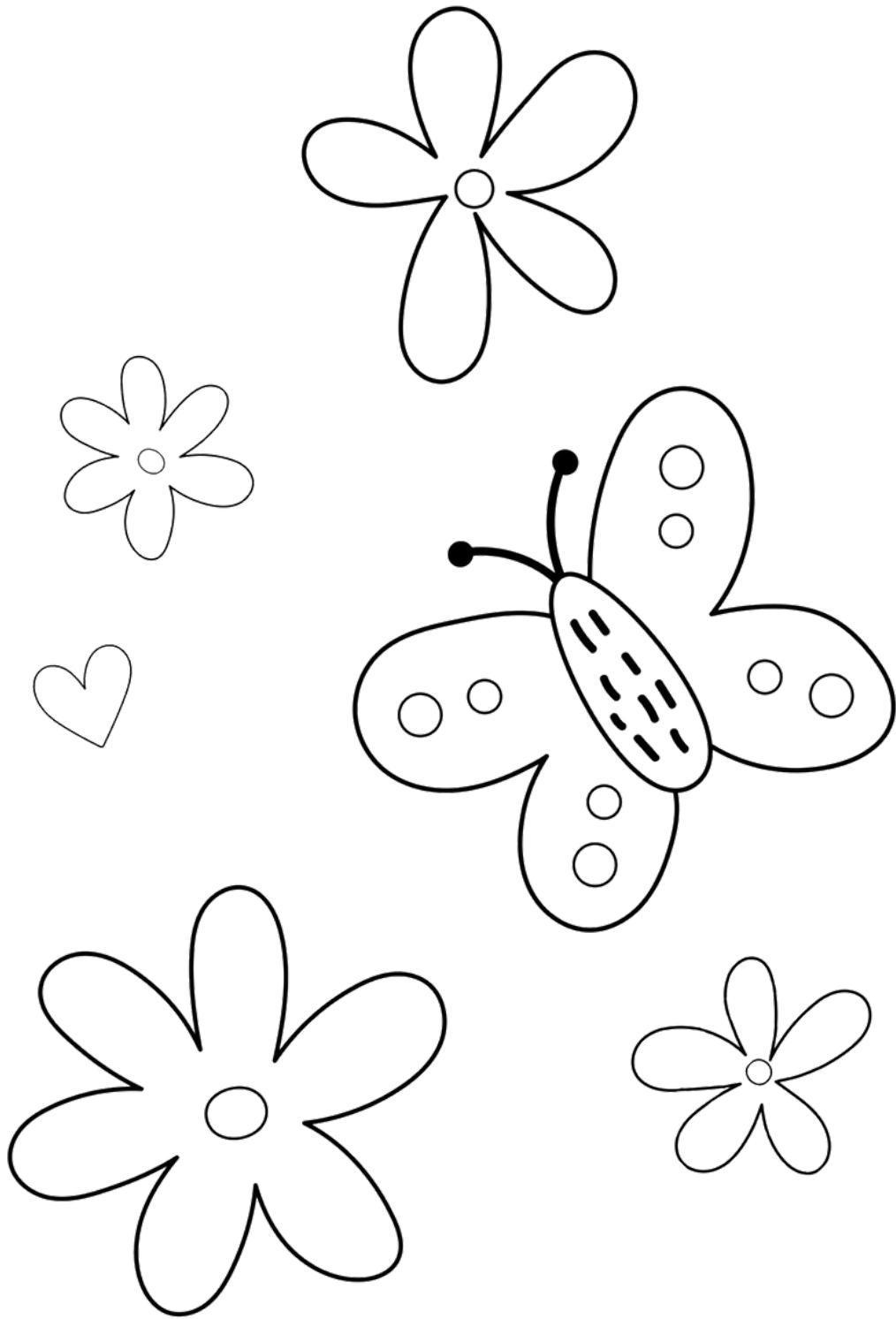
WE ARE ALL FLOWERS
By Orlaith O'Sullivan



WE ARE ALL FLOWERS
By Orlaith O'Sullivan

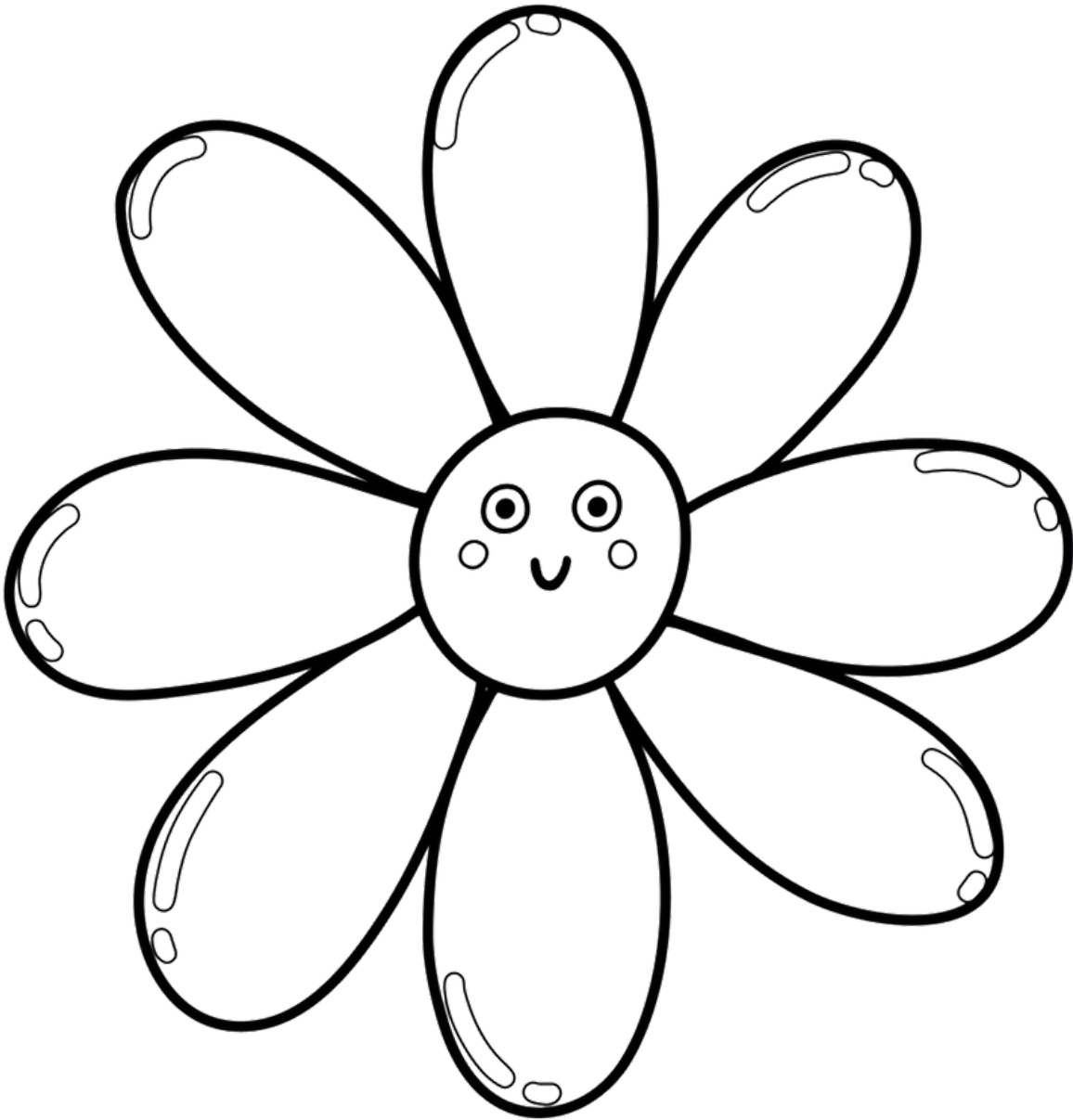


WE ARE ALL FLOWERS
By Orlaith O'Sullivan



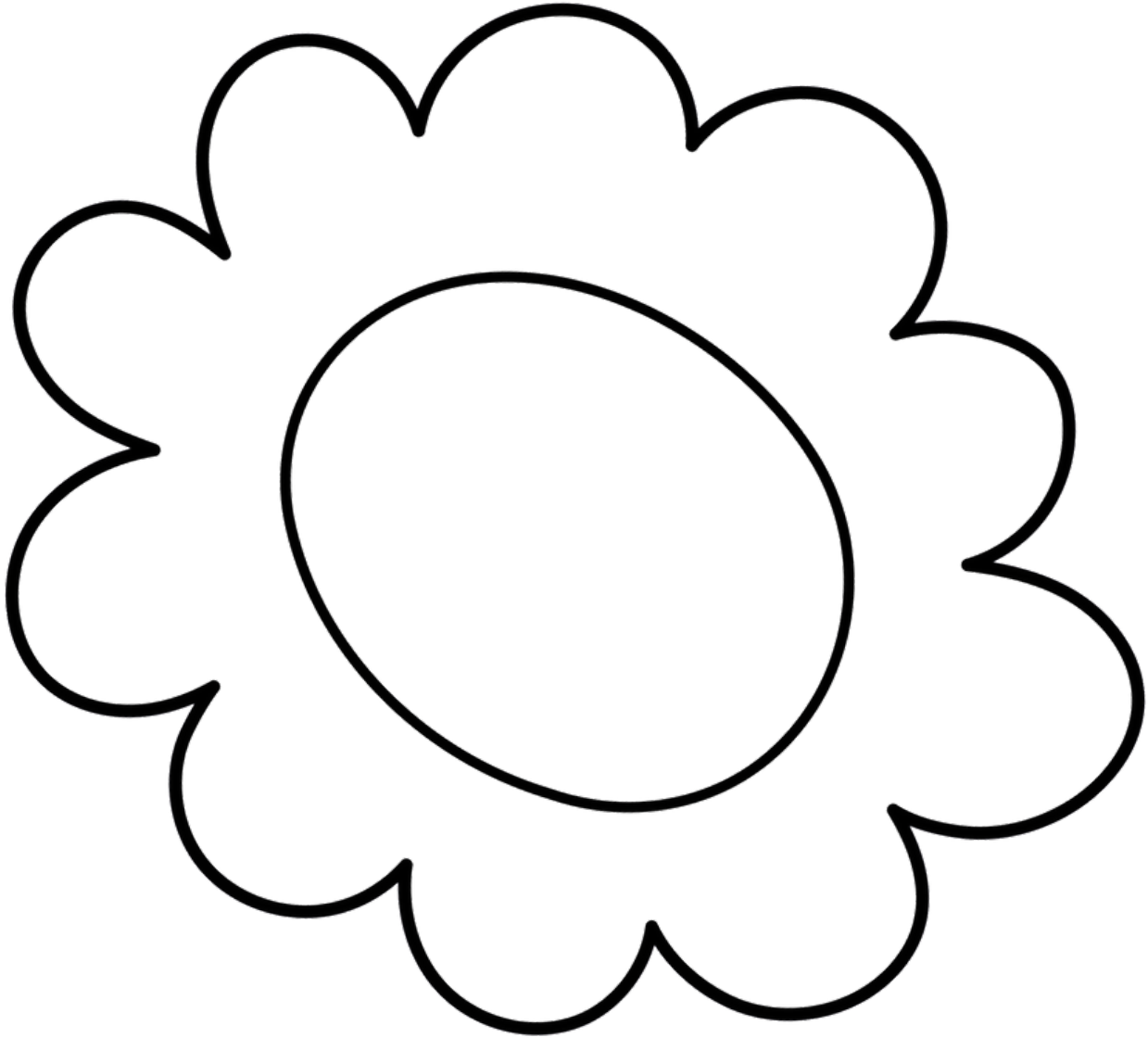
WE ARE ALL FLOWERS
By Orlaith O'Sullivan

FLOWER WATERING FOR A PERSON OR ANIMAL



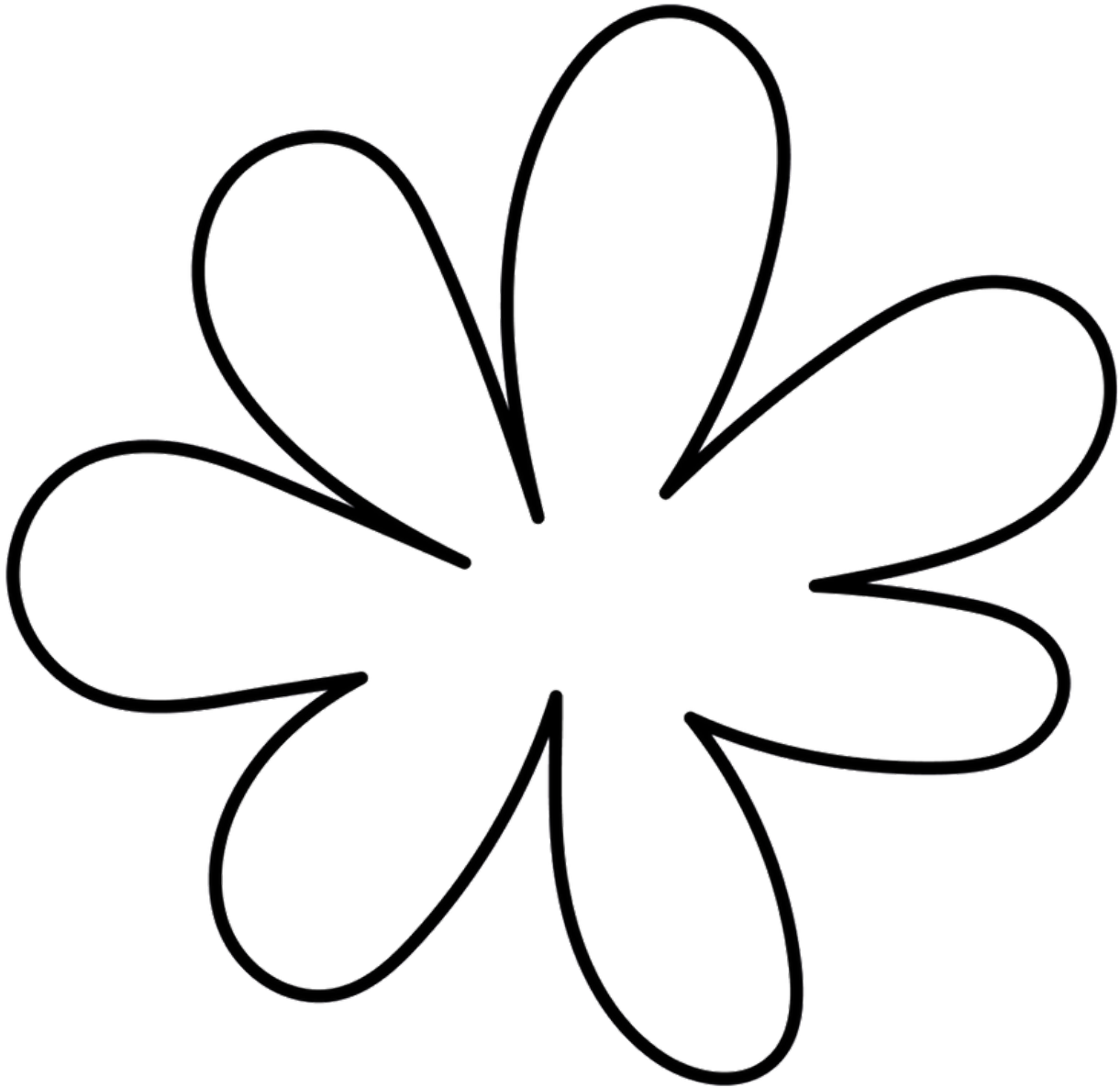
thank you

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, colors, foods-anything!

FLOWER WATERING FOR YOU



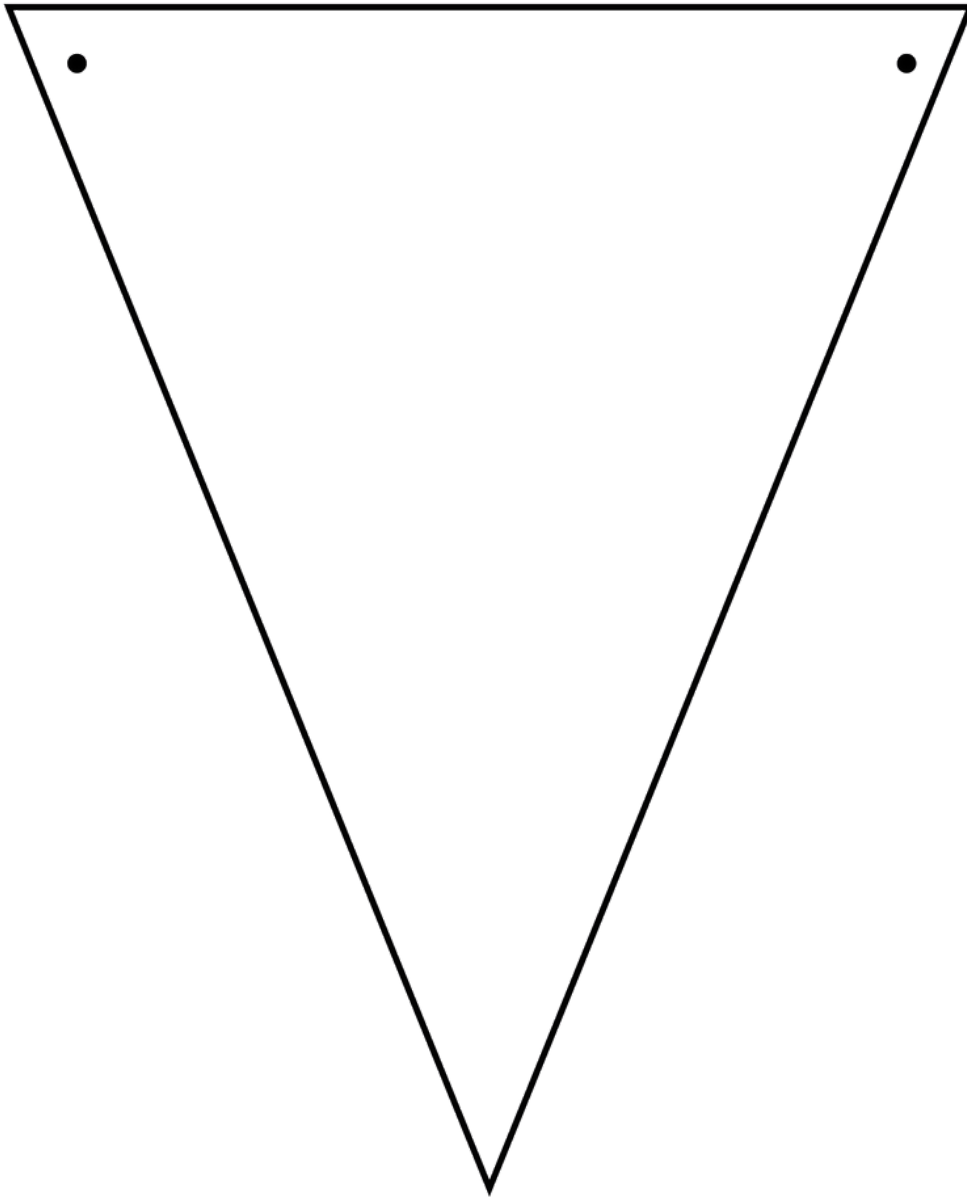
The importantest flower to water... is YOU!
What are some of the things that you appreciate
about yourself?

WE ARE CHANGING THE WORLD WITH

**super
WATERING
power**

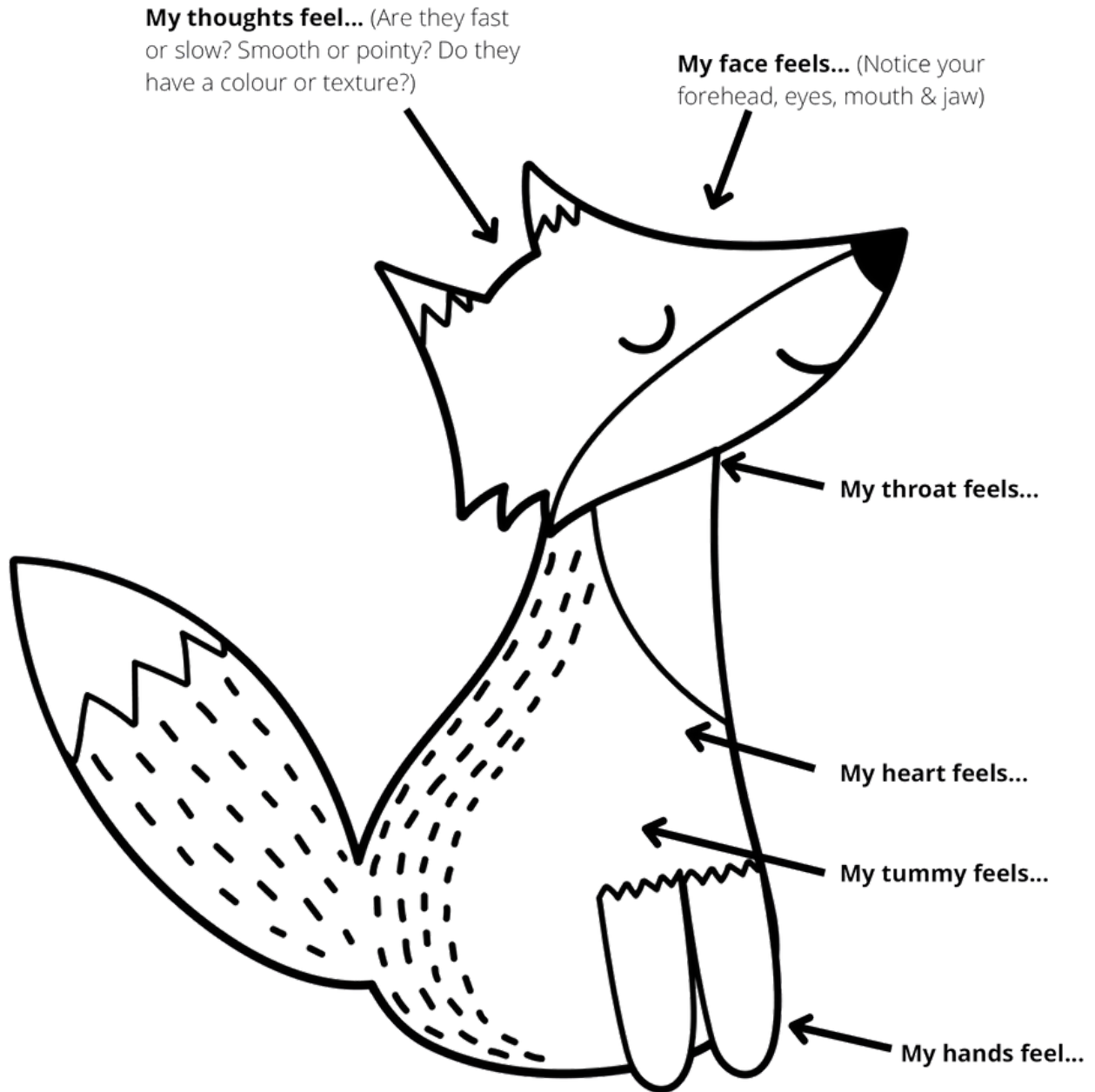
WE ARE ALL FLOWERS
By Orlaith O'Sullivan

FLOWER WATERING BUNTING FOR OUR CLASS



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



How does gratitude feel inside your body?

MAP YOUR GRATITUDE



How does gratitude feel inside your body?

FUTURE GRATITUDE



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...

EDUCATORS' RESOURCE KIT

THE NEUROSCIENCE OF GRATITUDE

by Orlaith O'Sullivan

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.



EDUCATORS' RESOURCE KIT

PRAISE FOR WE ARE ALL FLOWERS

“A beautiful, touching, heartfelt book that helps children and grown-ups find and grow the good inside themselves and others. Through charming rhymes and gorgeous illustrations, readers learn simple, powerful ways to become happier, calmer, and kinder—all backed up by modern brain science.”

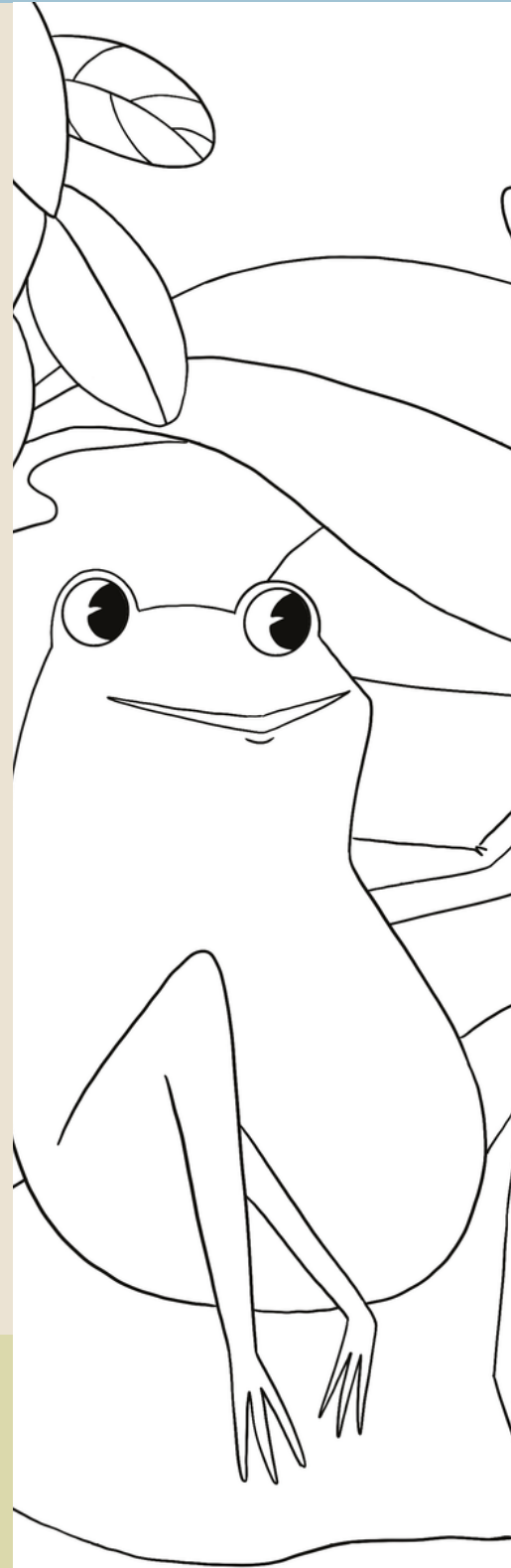
—Rick Hanson, Ph.D., author of *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom*

“A sweet book people of all ages can learn and grow from, from one of the best mindfulness and compassion for children educators.”

—Christopher Willard, author of *Alphabreaths* and President of the *Mindfulness in Education Network*

“A beautifully illustrated story that reminds us of our 'flower power.' Discover the essence of flower watering, one of Thich Nhat Hanh's most essential practices. Within this story lies the power to help everyone grow into their very best self.”

—Gail Silver, author of *Anh's Anger* and *Where Did Poppy Go?*



EDUCATORS' RESOURCE KIT



PRAISE FOR *WE ARE ALL FLOWERS*

“With a wand of gentleness and a sword of insight, Dr. Orlaith O’Sullivan offers a beautiful, poetic, and deeply meaningful book for children of all ages. The wisdom found on each page will resonate with any parent and child and will reverberate long after reading. Be prepared to boost your well-being and your child’s while learning a lifelong skill.”

—Dr. Ryan Niemiec, bestselling co-author of *The Power of Character Strengths* and Education director of the VIA Institute on Character

“This charming story about tending to others, and remembering to tend to ourselves, reminds the reader to send out kindness to others whenever we can.”

—Andrew Jordan Nance, author of *Puppy Mind* and *Mindful Arts in the Classroom*

“A beautiful, heartfelt story in the form of a poem. The practice of flower watering in this book would be a great addition for reading in classrooms or at home.”

—Dr. Helen Maffini, Director of MindBE Education

“Orlaith’s book offers just the kind of healing needed by so many young people today: caring for others and for oneself.”

—Richard Brady, MS, Founder of the Mindfulness in Education Network