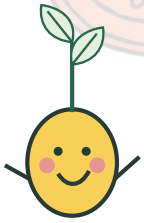
Five Minute Garden Pause

Take a quiet pause and notice the growing world around you.



Little growers, big discoveries

5 MIN | WELLBEING AND NATURE | AGES 5+ WITH AN ADULT

Grab your kit

A comfortable place beside your Gro Box or another plant. A pencil is optional.

Your discovery mission

1. Sit or stand comfortably near your plant. You can do this indoors or outdoors.
2. Find three things you can see. Look for a colour, a shape and one tiny detail.
3. Notice two things you can feel, such as your feet on the ground or a breeze on your skin. Then listen for one sound.
4. Choose a leaf or seedling and look closely for a minute. Afterwards, draw or describe one thing you had not noticed before.

What did you discover?

Something new I noticed: _____
A word for how I feel: _____

Draw your discovery

Let's wonder...

What caught your attention? How do you feel after your pause? There is no right answer.

NEXT ADVENTURE

Return another day and look at the same plant. What has changed?

Choose a comfortable, accessible place with adult supervision for children. Use whichever senses feel comfortable for you.