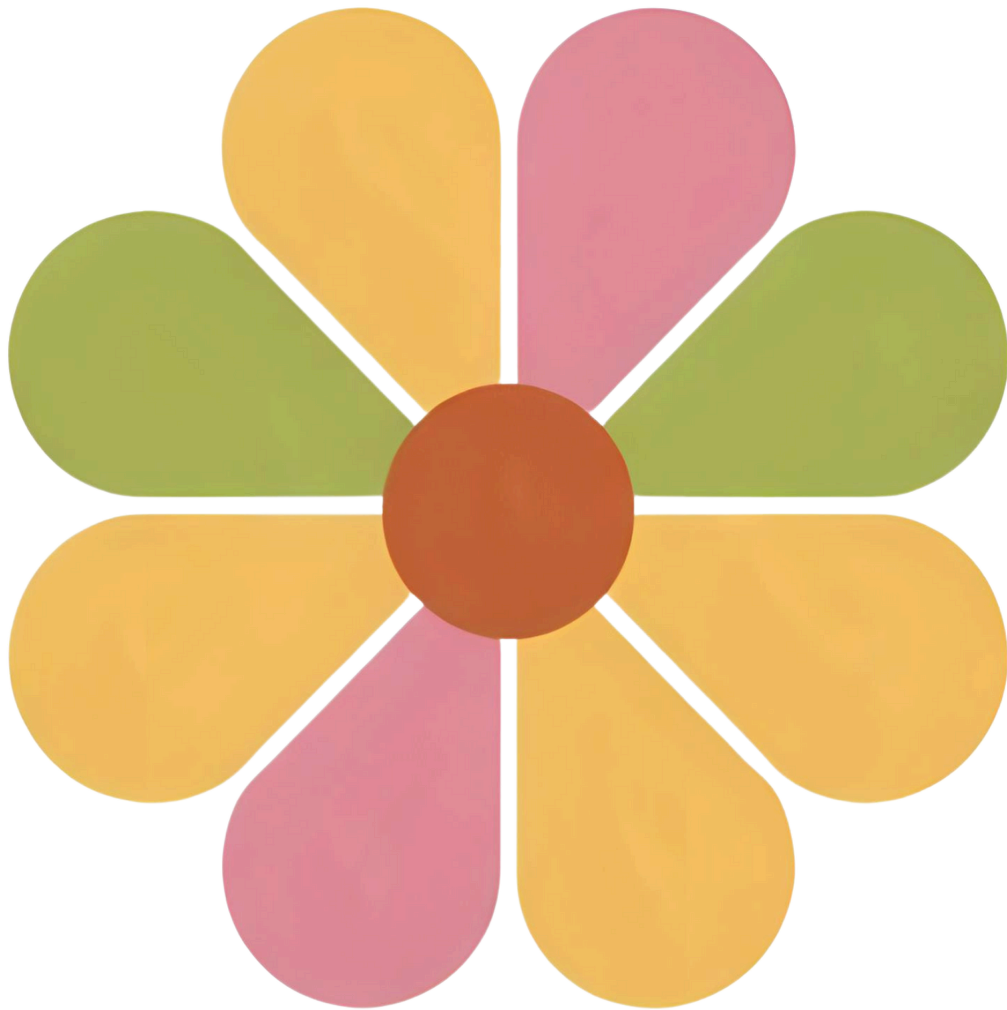


BOTANIC MOOD WHEEL



This is a calming nature activity to help children explore their feelings using gathered petals and creative reflection.

Gather fallen petals and leaves (never pick from blooming trees, flowers or plants) and create a colour wheel to represent different emotions. Use this activity throughout the summer for daily check-ins and thoughtful conversation prompts.



BENEFITS:

This activity helps children and teens explore and express emotions through colour, encouraging self-awareness, emotional literacy, and meaningful dialogue that enhances connection to the earth, self and others.