



FLOWER WATERING - A GRATITUDE PRACTICE

With family members home and interacting more than may be typical, it's normal for frustrations to run high between one another. For grieving families, feelings of missing the person who died may also be heightened as we navigate the changes in our lives due to COVID-19. This exercise is intended to support families in connecting from a place of gratitude, gratitude for one another as well as for the person who had died. In this exercise each family member will plant seeds and other members will take turns watering the seeds while sharing something they are grateful for about that person. While planting seeds can be a useful tangible symbol of this exercise, you can also do this without planting, instead simply taking turns expressing gratitude to each family member as well as the person who died.

Brought to you by the Safe Crossings Program



Directions

Materials:

- Dirt to plant in
- Seeds to plant
- One cup of water per family member

- 1) Pick a spot for your memorial gratitude garden. This could be in your yard, pots on the window sill, or whatever fits for your family.
- 2) The youngest member of the family plants their seeds in the dirt. Each family member then goes around and shares at least one thing they are grateful for about the person who just planted their seeds and pours a small amount of water on the seed “watering their flower”. This ends with the seed planter sharing one thing they believe their special person was grateful for about them.
- 3) Repeat this from youngest family member to oldest until each person has planted their seeds and received gratitudes from their family.
- 4) Once each member has planted their seeds, pick out a spot to honor the person who has died. Each family member then plants a seed in that spot and expresses something they are grateful for about the person who died. This could be something they taught you, a good memory you have with them, or something you enjoyed about them. Water the seeds after expressing the gratitudes.
- 5) Continue watering seeds in the coming weeks and enjoying witnessing what grows! Bonus points if you continue expressing gratitudes each time the seeds need watering!

If planting isn't an option consider replicating the gratitude practice during a mealtime or before bed. Family members take turns being the “flower” and each other family member “showers them” with what they are grateful about that person.