



REFLECTIONS FROM A DAY AT ART IN THE GARDEN 2021

"Peace begins with me."

To do this you touch your thumb to your first finger and say the word "Peace" and let go quick. The next finger is for the word "Begins." You do all the words, "Peace begins with me" and then you take a deep breath.

When I got upset because my friend was stepping on my log I remembered myself of "Peace Begins with Me" so I can calm down.

The grownups get very happy with me, so I like that. I feel very calm after I do "Peace Begins with Me."



"We're playing the floor is lava with these stumps. I feel happy in my heart when I play this because I'm with my friends."



" We were picking plants, leaves, and all kinds of berries to make juice. We smashed some of the plants with the mortar and pestle. We put everything into the juice pitcher. We were smelling our mixture. We were being with nature. We waited the whole camp day. Finally, we drank it! We felt good, happy, excited, surprised, curious. I thought it would taste like orange juice. I was surprised it tasted so good. I was surprised it made the water so colorful. "



" We were making puppets and helping each other by telling each other "your pictures are nice." I tried to make a super-octopus. I like superheroes, because I like their powers. One of my powers is kindness."

" This is a stylish activity. You can be anything you want — your future self, an animal, be you! I felt so excited I made these puppets because I am my future self now. An author, a millionaire who makes books and sells them for ten dollars so it's not so frustrating for people who want to buy them. When I made my future self puppet I made her independent, beautiful, passionate, kind, smart, a little bit popular."

