

# Rose, Bud, Thorn Activity

| Rose   | Bud   | Thorn  |
|--|---|--|
| <p>Something positive or worthy of celebration</p>                                 | <p>Something you are looking forward to</p>   | <p>Something you might need help with</p>  |
|  |  |  |

What would need to be true to turn your thorn into a rose?

Activity Guidelines:

- Reflect on a “rose”, “bud” and thorn” for either the day so far, the week or the month
- Jot down reflections on the handout
- Turn and talk in small groups, then share in whole group.

Once this is completed, use the book “What do you do with a problem?”

Here is the link to this book - Read Aloud on Youtube - [What to Do with a Problem?](#)

- Read book
- After reading, circle round and discuss what good can come from your problem?
- Check in - What’s your weather today? How do you feel today? 1- not good - 10 - Awesome.