

The Kindness and Smile Zone Weekly Activity Pack

Theme: Garden Life! 🌱🌻

Week of October 11 - October 18, 2025

Garden Wordsearch

Find the words in the wordsearch below:

V R C F N V N N A E L V A V E
Z I O S L F L O W E R S T S Z
J S U J A N P B Z P K P F H V
U B U G S O G B A L M F R C Q
B X A Y A R F Y U L B A Y B R
E Z G Q U J T X J C S U L L Y
L R H R B W Z O A T K S M T R
B O B G B P M R R L C E R J N
Q C H B U S H I I K A J T X L
N K O C A T E R P I L L E R B
W S S G A R D E N D G T T C V
X B E C R A F O A K T R E E V
L E A F C S K M O G R A S S O
M S Q L B C I G S G Y G Y R A
U A Z Q S J R C Z J N A P T C

Caterpillar

Flowers

Oak Tree

Bugs

Garden

Bucket

Rocks

Leaf

Bush

Grass

Hose

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Answer Key:

V R C F N V N N A E L V A V E
Z I O S L F L O W E R S T S Z
J S U J A N P B Z P K P F H V
U B U G S O G B A L M F R C Q
B X A Y A R F Y U L B A Y B R
E Z G Q U J T X J C S U L L Y
L R H R B W Z O A T K S M T R
B O B G B P M R R L C E R J N
Q C H B U S H I I K A J T X L
N K O C A T E R P I L L E R B
W S S G A R D E N D G T T C V
X B E C R A F O A K T R E E V
L E A F C S K M O G R A S S O
M S Q L B C I G S G Y G Y R A
U A Z Q S J R C Z J N A P T C

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“Grow Your Own Plant” Creator

- Draw a plant you’d like to grow in your garden.
- What color are the flowers or vegetables?
- What name would you give your plant?
- What do you need to help it grow (sunlight, water, soil, love)?

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Seed Science Experiment

Supplies: 2 cups, cotton balls, water, and a bean seed.

- Put a damp cotton ball and a seed in one cup, and a dry cotton ball and a seed in another.
- Watch what happens after a few days!
- Draw what you notice: which seed started to grow? Why?

Garden Word Scramble

1. ROWFLSE _ _ _ _ _
2. TNALP _ _ _ _ _
3. LGERRAIVETEB _ _ _ _ _
4. RETHWA _ _ _ _ _

(Answers: Flowers, Plant, Vegetable, Water)

Garden Riddle Time

- I'm small, red, and sweet, with tiny seeds on my skin. Who am I?
- I'm long, green, and crunchy, and great in a salad. Who am I?
- I grow tall and yellow, with kernels in a row. Who am I?

(Answers: Strawberry, Cucumber, Corn)

“Planting Seeds of Kindness”

Draw a big flower. On each petal, write or draw a way you can show kindness (ex: share, say thank you, help a friend, give a compliment).

Bonus: Write one “kindness seed” you can plant this week and actually do it!

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Garden Hunt

Look around your backyard, garden, or park! Can you spot:

- Something green 🌱
- Something that smells good 🌻
- Something buzzing 🐝
- Something crawling 🐛
- Something that makes you smile 😊

Question to think about: What else did you see in the garden?

Garden Yoga & Stretching

Pretend to be different garden things!

- Tree Pose – Stand tall like a tree.
- Flower – Sit criss-cross, stretch arms wide like petals.
- Caterpillar – Crawl slowly across the floor.
- Butterfly – Sit with feet together, flap knees like wings.

Garden Haiku Time

A **haiku** is a special kind of short poem that comes from Japan.

- It has **3 lines**.
- The first line has **5 syllables**.
- The second line has **7 syllables**.
- The third line has **5 syllables**.

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A syllable is the “beat” in a word. (Example: “flow-er” has 2 syllables.)

Example Haiku:

Bright flowers blooming (5)

Buzzing bees fly all around (7)

The garden wakes up (5)

Your Turn!

Write your own haiku about the garden. It can be about flowers, bugs, sunshine, or even kindness growing like plants.

My Garden Haiku:

_____ (5)

_____ (7)

_____ (5)

Design Your Dream Garden

Every garden is different. Some are full of flowers, some have vegetables, and some even have special decorations!

Activity:

- Draw your dream garden.
- Decide what you would grow: Flowers? Fruits? Vegetables? Trees?
- Add garden friends: Bees, ladybugs, rabbits, or birds.
- Don't forget to include kindness decorations. Maybe a heart-shaped flower bed, a “Kindness Grows Here” sign, or a rainbow watering can.

Bonus Question:

If your garden could give people ONE special gift (like happiness, kindness, courage, or laughter), what would it be?

