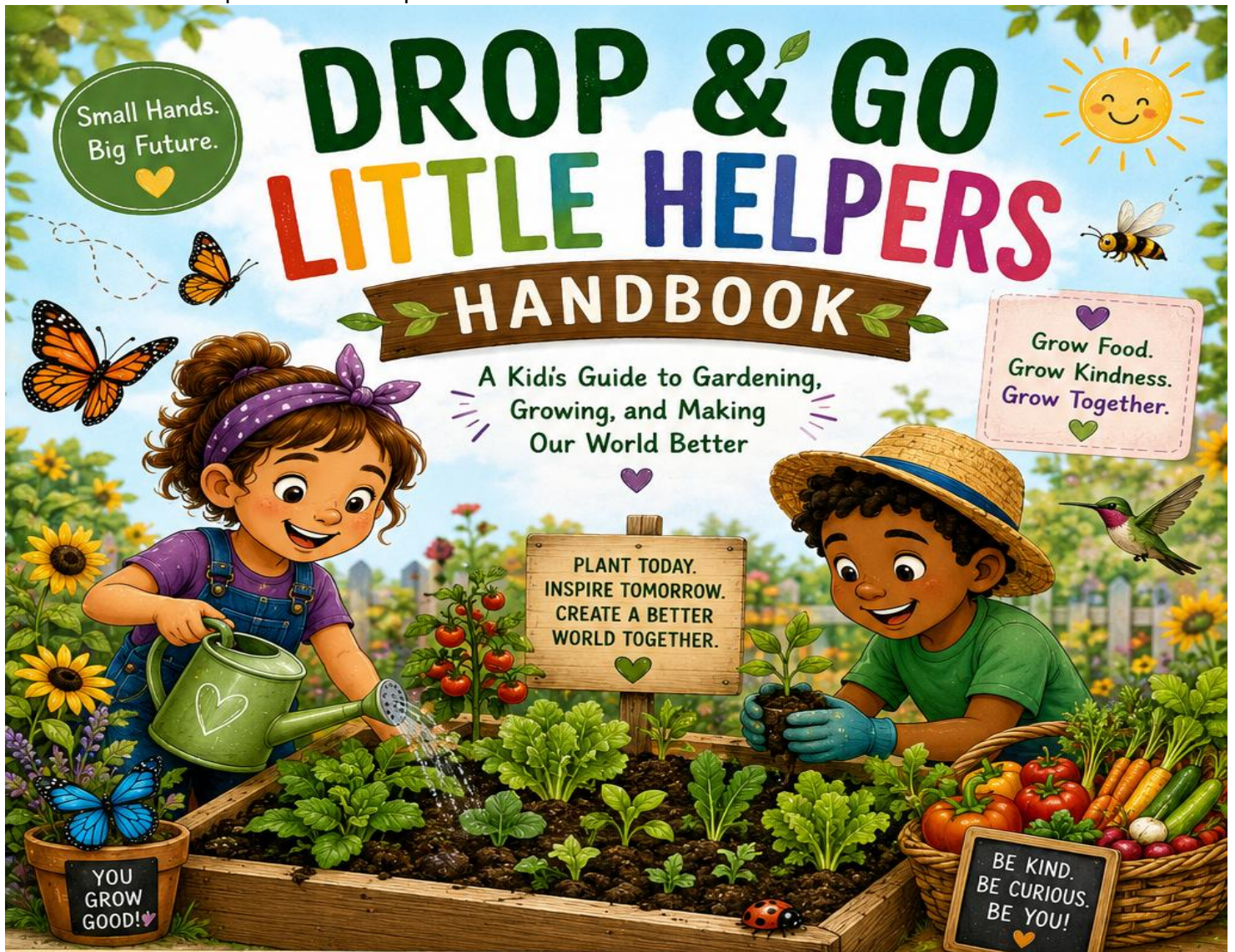


Welcome to the Drop & Go Little Helpers Handbook!



- Easy Projects for Kids
- Fun Activities & Trackers
- Healthy Food & Happy Bodies
- Kindness to People & Nature
- Grow Skills, Confidence & Joy

INSIDE! →

1 WELCOME LITTLE HELPERS!



Let's grow together!

2 PIZZA GARDEN



Grow it. Make it. Eat it!

3 GROW A SNACK GARDEN



Healthy snacks start here!

4 BUTTERFLY GARDEN



Plant flowers. Help pollinators!

5 BUGS ARE FRIENDS!



Good bugs help our gardens!

6 SEEDS KIDS CAN GROW FAST!



Plant today. See tomorrow!

7 RAINBOW SALAD GARDEN



Eat the colors of the rainbow!

8 LITTLE HERBAL HELPERS



Sweet smells. Big benefits!

9 KINDNESS COUNTS



Small actions. Big impact!

10 GARDEN EXPLORER JOURNAL



Draw, write, observe, wonder!

11 LITTLE GARDEN JOBS



Every job helps our garden grow!

12 GARDEN SAFETY BASICS



Stay safe. Have fun!

13 GROW TOGETHER



Stronger together. Better forever!

YOU ARE A GARDEN CHANGER!



Let's make the world a better place!

EXPLORE. GROW. LEARN. SHARE. LOVE.

YOU CAN DO BIG THINGS!

This handbook was made to help kids:

- grow food
- learn gardening
- help pollinators
- explore nature
- build kindness
- gain confidence
- create healthier communities

You do not need:

- a huge garden
- expensive equipment
- special skills

You simply need:

- curiosity
- kindness
- patience
- willingness to learn

Every little helper matters. Every garden matters. Every act of kindness matters.

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1. Welcome Little Helpers
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 9. Kindness Counts
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 11. Little Garden Jobs
 12. Garden Safety Basics
 13. Grow Together
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-

DROP & GO

Pizza Garden



GROW YOUR OWN PIZZA TOPPINGS! ♥

Fresh, healthy, and so much fun to grow.
You plant it. You water it. You eat it. You did it! ♥



WHY GROW A PIZZA GARDEN?

- ✓ Tastes better & fresher
- ✓ Saves money
- ✓ Fun for kids
- ✓ Healthy & natural
- ✓ Teaches teamwork
- ✓ Builds confidence!

★ MEET YOUR PIZZA GARDEN ALL-STARS!

These plants are easy to grow and perfect for pizza.

TOMATOES 🍅

Sweet, juicy, and full of sunshine!



LOVES: Sun & warmth
WATER: Keep soil evenly moist
HARVEST: When tomatoes are firm & fully colored

BASIL 🌿

The star of the show! A pizza must-have.



LOVES: Sun & warmth
WATER: Regularly, don't let it dry out
HARVEST: Snip leaves often to keep it growing

PEPPERS 🌶️

Color, crunch, and a little zing!



LOVES: Sun & warmth
WATER: Deeply 2-3 times a week
HARVEST: When peppers are shiny & firm

OREGANO 🌿

Tiny leaves with big flavor!



LOVES: Sun & good air flow
WATER: Let soil dry a bit between watering
HARVEST: Snip sprigs anytime



DID YOU KNOW?

Plants need 3 things to grow strong:

- SUNLIGHT
- WATER
- GOOD SOIL

You give the care, they give the goodness! 😊

★ EASY CONTAINER LAYOUT

You don't need a big yard! Try this pizza garden in a large container, raised bed, or a few pots.



Make sure your container has drainage holes! ♥

TIPS:

- ♥ Place in a sunny spot (at least 6-8 hours of sun).
- ♥ Water in the morning.
- ♥ Feed with compost or organic plant food.
- ♥ Pick often so plants keep producing!



★ HOW TO HARVEST

Pick a little, often!

- TOMATOES:** Gently twist or cut when fully red.
- BASIL:** Snip leaves above a leaf set.
- PEPPERS:** Cut from the plant when firm & colorful.
- OREGANO:** Snip small sprigs anytime.

★ The more you harvest, the more your plants grow!

KID-TESTED PIZZA IDEAS!



- CLASSIC MARGHERITA**
Tomato sauce + mozzarella + fresh basil
- PEPPER POWER**
Tomato sauce + mozzarella + sliced peppers
- HERB LOVERS**
Olive oil + mozzarella + oregano + basil
- GARDEN SUPREME**
Add it all! Tomatoes, peppers, herbs & cheese!

Let kids help: wash, tear, sprinkle, and taste! ♥

PIZZA GARDEN FUN!

- Draw your garden plan.
- Give your plants funny names.
- Measure how tall your plants grow.
- Take a photo each week and watch them change!

♥ MAKE IT A PIZZA NIGHT! ♥

- 1** Harvest your toppings.
- 2** Make or buy pizza dough.
- 3** Top it, bake it, and enjoy!

★ PIZZA GARDEN PLEDGE ♥

I will care for my plants, be patient, and enjoy the fruits (and veggies!) of my hard work.
I grow good things! ♥



PLANT TODAY.
NOURISH TOMORROW.
SHARE THE GOODNESS.



MORE RESOURCES & COMMUNITY SUPPORT

WTPLAJ.COM



GROW FOOD.
GROW SKILLS.
GROW CONFIDENCE!



♥ YOU GROW IT. YOU MAKE IT. YOU EAT IT. YOU DID IT! ♥

Activity Ideas

Draw Your Dream Pizza

Pizza Garden Checklist

- Plant tomatoes Plant basil Plant peppers Plant oregano Water plants Watch for flowers
Harvest toppings Make pizza night

My Favorite Pizza Topping



DROP & GO

Grow a SNACK GARDEN

PLANT IT. GROW IT. SNACK ON IT! ❤️

Fresh, healthy snacks are just steps from your door!
Pick what you love, plant it, and enjoy! ❤️

WHY GROW A SNACK GARDEN?

- ✓ Healthy snacks = happy bodies
- ✓ Saves money
- ✓ Kids love to help
- ✓ Fresh from your garden
- ✓ Teaches responsibility
- ✓ Fun & rewarding!

EASY PLANTS = FAST SNACKS!

These plants are perfect for beginners and grow well in containers or garden beds.

CHERRY TOMATOES



SWEET & JUICY! ❤️

Harvest: 60–70 days
Tip: Needs lots of sun and regular water.

STRAWBERRIES



SWEET TREATS! ❤️

Harvest: 4–6 weeks
Tip: Keep berries off the soil.

SNAP PEAS



CRUNCHY & FUN! ❤️

Harvest: 55–65 days
Tip: Pick often to keep plants producing.

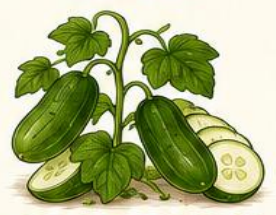
CARROTS



SWEET & CRUNCHY! ❤️

Harvest: 60–75 days
Tip: Loosen soil so carrots grow straight.

CUCUMBERS



COOL & REFRESHING! ❤️

Harvest: 50–70 days
Tip: Give vines something to climb.

SIMPLE LAYOUT IDEAS

You don't need a big yard!



CONTAINER GARDEN

Use a large pot or grow bag. Perfect for patios, balconies, or small spaces!



RAISED BED GARDEN

Keep it close to your house so it's easy to water and check every day!

TIPS FOR SUCCESS

- ♥ Sunshine: Most plants need 6–8 hours of sun.
- ♥ Water: Check every day. Soil should be moist, not soggy.
- ♥ Soil: Use good quality potting mix or garden soil.
- ♥ Feed: Add compost or organic food every few weeks.
- ♥ Pick Often: The more you harvest, the more you get!



HARVEST & ENJOY!

Pick, rinse, and snack!



Tomatoes:
Pop them in your mouth or slice on a sandwich!



Strawberries:
Rinse and enjoy fresh or add to yogurt!



Snap Peas:
Eat them raw right off the vine!



Carrots:
Crunch them raw or dip in hummus!



Cucumbers:
Slice and chill for a cool snack!

FUN WAYS TO ENJOY YOUR HARVEST



SNACK PLATTER

Make a colorful plate with your fresh veggies and fruits!



GARDEN SALAD

Add greens and herbs for a yummy salad!



VEGGIE KABOBS

Skewer and enjoy with a healthy dip!



SMOOTHIE BOOST

Blend strawberries or greens into your smoothie!

★ KID GARDEN JOBS ★

- ♥ Plant the seeds or seedlings
- ♥ Water the plants
- ♥ Check for bugs
- ♥ Harvest the snacks
- ♥ Share with family!

I can do it!



DID YOU KNOW?

Gardening helps your body grow strong, your mind stay happy, and the earth stay healthy! ❤️



LET'S GROW TOGETHER!

Every little plant you grow makes a big difference. You grow it. You eat it. You feel great!



SNACK GARDEN PLEDGE

I will care for my garden, eat healthy snacks, and enjoy the goodness I grow! ❤️



GROW FOOD.
GROW CONFIDENCE.
GROW A BETTER WORLD.



MORE RESOURCES & COMMUNITY SUPPORT

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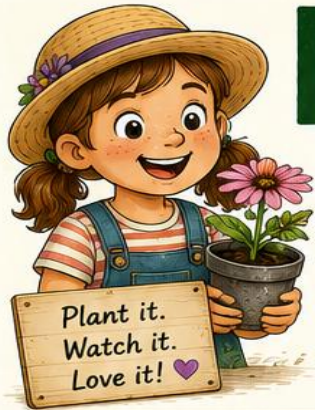
PLANT TODAY.
ENJOY TOMORROW.
SHARE THE GOODNESS.



Snack Garden Tracker

Plant	Sprouted	Growing	Harvested
Cherry Tomatoes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strawberries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Snap Peas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Carrots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cucumbers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

My Favorite Garden Snack



DROP & GO

Butterfly Garden

PLANT TODAY. BRING BEAUTY TOMORROW!

Create a backyard butterfly paradise that helps nature and makes YOU smile! ♡



BUTTERFLIES NEED OUR HELP!
You can make a difference! ♡

DID YOU KNOW?

Butterflies help flowers grow, food grows, and our world stays beautiful! ♡



A BUTTERFLY GARDEN...



Provides food for butterflies



Gives caterpillars a place to grow



Supports bees & other pollinators



Brings color, joy & wonder



Helps our environment

PLANTS BUTTERFLIES LOVE (Great for our area & easy to grow!)

MILKWEED	BEE BALM	ZINNIAS	LAVENDER	BLACK-EYED SUSAN	BUTTERFLY WEED	CONEFLOWER
Host plant for Monarch caterpillars	Butterflies can't resist this!	Bright flowers they love!	Fragrant & perfect for pollinators	Sunny, strong & easy to grow	A favorite nectar powerhouse!	Long blooming & butterfly approved!
☀ Full Sun 💧 Medium Water	☀ Full Sun 💧 Medium Water	☀ Full Sun 💧 Medium Water	☀ Full Sun 💧 Low Water	☀ Full Sun 💧 Low-Medium Water	☀ Full Sun 💧 Low Water	☀ Full Sun 💧 Low-Medium Water
BLOOMS: Summer	BLOOMS: Summer	BLOOMS: Summer-Fall	BLOOMS: Summer	BLOOMS: Summer-Fall	BLOOMS: Summer	BLOOMS: Summer-Fall

♡ More blooms = more butterflies! Plant a mix for color all season long. ♡

CREATE A BUTTERFLY HABITAT

- ✓ Choose a sunny spot (at least 6 hours a day)
- ✓ Plant in groups – butterflies see more color!
- ✓ Use a mix of heights & bloom times
- ✓ Provide water with flat stones for landing
- ✓ Avoid pesticides – they can harm butterflies
- ✓ Leave some leaves for caterpillars to munch
- ✓ Enjoy the magic!

Add a water spot!



EASY LAYOUT IDEAS

You don't need a big yard!



CONTAINER GARDEN

Use a large pot or window box for balconies, patios, or small spaces.



FLOWER BED

Plant in clusters so butterflies can find flowers easily.

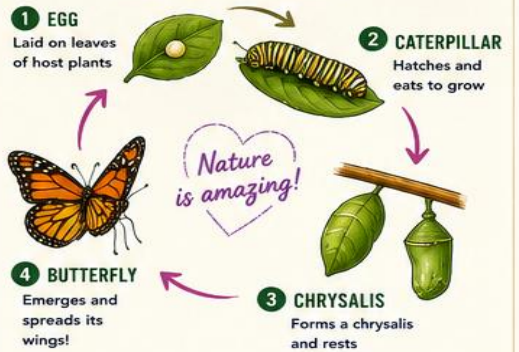


BORDER PLANTING

Line fences, walkways, or along the edge of your yard.

BUTTERFLY LIFE CYCLE

A beautiful transformation!



HARVEST JOY!

Enjoy butterflies all summer and fall. Take photos, watch, learn, and share their beauty!



KID GARDEN FUN!

- ♡ Count how many butterflies you see
- ♡ Draw your favorite ones
- ♡ Keep a nature journal
- ♡ Learn their names
- ♡ Be a nature explorer!



BUTTERFLY FRIENDLY PLEDGE

I will plant flowers, care for nature, and help butterflies thrive today and for tomorrow!



SMALL GARDENS. BIG IMPACT. YOU CAN DO THIS!



MORE RESOURCES & COMMUNITY SUPPORT

WTPLAJ.COM



PLANT TODAY. INSPIRE TOMORROW. GROW KINDNESS.

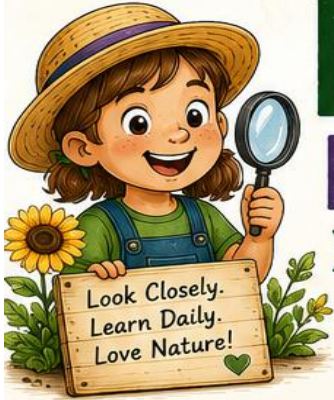


♡ TOGETHER, WE CAN GROW A BEAUTIFUL WORLD. ♡

Butterfly Spotting Tracker

Monarch Swallowtail Painted Lady
White Butterfly Bee Ladybug

Draw the Coolest Butterfly You Saw



DROP & GO

BUGS ARE FRIENDS!

GOOD BUGS HELP OUR GARDEN GROW!

They pollinate flowers, eat garden pests, make healthy soil, and help our world thrive.

Let's spot them, thank them, and protect them!

DID YOU KNOW?

- Most bugs are helpful, not harmful!
- Healthy gardens have a good mix of bugs.
- When we help bugs, they help us!



MEET SOME OF OUR GARDEN FRIENDS!

BEES

The Busy Pollinators!



They help by:

- Pollinating flowers so plants can grow
- Making fruits and veggies possible!

Fun Fact: Bees visit thousands of flowers every day!

LADYBUGS

The Aphid Eaters!



They help by:

- Eating aphids, mites, and other tiny pests
- Protecting plants naturally!

Fun Fact: One ladybug can eat up to 5,000 aphids in its lifetime!

BUTTERFLIES

The Beautiful Helpers!



They help by:

- Pollinating flowers
- Bringing color and joy to our gardens!

Fun Fact: Butterflies taste with their feet!

PRAYING MANTIS

The Garden Guardians!



They help by:

- Eating caterpillars, flies, and other garden pests
- Keeping the garden in balance!

Fun Fact: Mantises can turn their heads almost all the way around!

WORMS

The Soil Builders!



They help by:

- Turning food scraps into healthy soil
- Helping plants grow strong!

Fun Fact: Worms have 5 hearts!

DRAGONFLIES

The Mosquito Hunters!



They help by:

- Eating mosquitoes, gnats, and flies
- Keeping the air and water clean!

Fun Fact: Dragonflies can fly up to 36 miles per hour!

CREATE A BUG-FRIENDLY GARDEN!

- Plant flowers that bloom all season.
- Provide fresh water.
- Leave some leaves or a log for shelter.
- Avoid pesticides – they can hurt good bugs!
- Grow a variety of plants.
- Let nature help!



BUG HOTEL FUN!

Build a bug hotel to give helpful bugs a safe place to live!



Use things like:

- Hollow sticks
- Pinecones
- Bark
- Dry leaves
- Straw
- Small twigs
- Bricks with holes

Find a dry, quiet spot and watch who moves in!

BUGS WE DO NOT WANT IN OUR GARDEN

Some bugs can hurt our plants. Look for damage and ask an adult what to do.



JAPANESE BEETLE



APHIDS



CATERpillARS



SNAILS & SLUGS



WHITEFLIES



SPIDER MITES

Tip: Good bugs help keep these pests in check!

KID BUG ACTIVITIES

- Go on a bug safari!
- Draw and color the bugs you find.
- Keep a nature journal.
- Take photos and learn their names.
- Be a bug detective!



THANK YOU, BUGS!

We may be small, but we make a BIG difference!

Thank you for helping our plants, our soil, and our planet!



Be kind. Be curious. Be a friend to bugs!

BUG FRIEND PLEDGE

- I will respect all living things.
- I will protect helpful bugs.
- I will create a safe home for nature in my yard.
- I will be a good steward of our Earth!

Signed: _____



SEE A BUG. SAY THANK YOU! WATCH IT HELP OUR WORLD GROW!

MORE RESOURCES & COMMUNITY SUPPORT

WTPLAJ.COM

PLANT TODAY. GROW TOMORROW. INSPIRE KINDNESS.

TOGETHER, WE CAN CREATE A BEAUTIFUL WORLD FOR BUGS AND PEOPLE!



Bug Detective Checklist

Bee Butterfly Ladybug Worm

Dragonfly Praying Mantis

Nature Notes

What helpful bugs did you find today?

Draw a bug you saw today



DROP & GO

Seeds Kids Can Grow FAST!

SOW TODAY. SEE TOMORROW. FEEL PROUD! ♥

Fast-growing plants = fast results = happy kids!

You can do it! ♥

DID YOU KNOW?

Some seeds sprout in just a few days!

- ✓ Fast plants keep you excited and learning.
- ✓ You can grow food, flowers, and fun!
- ✓ Every seed is a new adventure!



6 SEEDS THAT GROW FAST!

RADISHES	LETTUCE	PEAS	SUNFLOWERS	BUSH BEANS	MICROGREENS
Sprout in 3-5 days ♥	Sprout in 3-7 days ♥	Sprout in 5-7 days ♥	Sprout in 5-10 days ♥	Sprout in 5-10 days ♥	Sprout in 2-5 days ♥
Crisp, crunchy, and ready super fast!	Pick baby leaves or the whole head!	Sweet little peas grow up tall!	Big, bright, and beautiful!	Lots of beans in a small space!	Tiny greens packed with BIG nutrition!
Sun: Full sun	Sun: Partial to full sun	Sun: Full sun	Sun: Full sun	Sun: Full sun	Sun: Bright light
Water: Keep soil moist	Water: Keep soil moist	Water: Keep soil evenly moist	Water: Water well, let dry a bit	Water: Keep soil moist	Water: Mist or water lightly
Harvest: 20-25 days	Harvest: 30-40 days	Harvest: 50-60 days	Harvest: 60-80 days	Harvest: 50-60 days	Harvest: 7-14 days
Fun to grow & eat!	Great for salads!	Grow up, up, up!	Watch them reach for the sky!	Eat fresh or cook them!	Super fast & super healthy!

HOW TO PLANT (IT'S EASY!)

- Fill a pot, tray, or garden bed with good soil.
- Sprinkle your seeds.
- Cover lightly with soil (see seed packet).
- Water gently.
- Put in sunlight.
- Watch the magic happen! ♥

Check your seeds each day. Look for tiny sprouts! ♥

DAYS TO SPROUT & HARVEST

PLANT	DAYS TO SPROUT	DAYS TO HARVEST
RADISHES	3-5 DAYS	20-25 DAYS
LETTUCE	3-7 DAYS	30-40 DAYS
PEAS	5-7 DAYS	50-60 DAYS
SUNFLOWERS	5-10 DAYS	60-80 DAYS
BUSH BEANS	5-10 DAYS	50-60 DAYS
MICROGREENS	2-5 DAYS	7-14 DAYS

Every garden is different—have fun and enjoy the journey! ♥

FAST GROWING TIPS!

- ✓ Good soil helps seeds grow strong.
- ✓ Water a little every day.
- ✓ Sunlight helps plants grow their best.
- ✓ Don't pull sprouts up—let them grow!
- ✓ Pick often to keep plants producing.
- ✓ Have fun and celebrate every little win! ♥

GROW & TRACK!

Make a seed journal!

- ♥ Write the date you plant.
- ♥ Draw your sprouts.
- ♥ Measure how tall they grow.
- ♥ Take a picture each week.
- ♥ Be a garden scientist!

You'll be amazed at your growth! ♥

KID-TESTED SNACK IDEAS!

RADISH TOPPERS Slice & sprinkle with a little salt!	LETTUCE WRAPS Add cheese, veggies, or beans!	PEA SNACK Fresh peas right from the pod! ♥
SUNFLOWER SEEDS Roast and enjoy (with adult help)!	BEAN BITES Steam or sauté with a little butter!	MICROGREENS Add to sandwiches, soup, or scrambled eggs! ♥

YOU DID IT!

You planted it.
You watered it.
You watched it grow.
You did AMAZING!

Keep growing, keep learning, keep shining!

♥ SMALL SEEDS. BIG POSSIBILITIES. YOU CAN GROW ANYTHING! ♥

Fast Grow Challenge

Seed	Date Planted	First Sprout	Harvest Date
Radish	_____	_____	_____
Lettuce	_____	_____	_____
Peas	_____	_____	_____
Sunflowers	_____	_____	_____

My Tallest Plant



DROP & GO RAINBOW SALAD GARDEN!

GROW COLOR. GROW HEALTH. GROW HAPPINESS! ♥

DID YOU KNOW?

- ♥ Eating different colors gives your body the vitamins it needs!
- ♥ Plants need color, too! Sun + water + care = healthy, happy plants!
- ♥ You grow it, you glow it!

REAL KIDS GROW REAL FOOD! YOU CAN DO IT! ♥

Eat the rainbow and feel amazing! ♥
Fresh, crunchy, and full of nutrients—right from your garden!

GOOD FOOD GOOD MOOD GOOD YOU! ♥

GROW YOUR OWN RAINBOW!

Plant a variety of colorful veggies and greens. Each color helps your body in amazing ways!

RED POWER	ORANGE ENERGY	YELLOW HAPPINESS	GREEN STRENGTH	PURPLE BRAIN BOOST	WHITE IMMUNITY	SEEDS & MICROGREENS
Helps your heart and keeps you strong!	Great for your eyes and helps you grow!	Good for your skin and your immune system!	Builds strong bones and helps you heal!	Helps your memory and keeps you smart!	Fights germs and keeps you healthy!	Tiny greens, huge nutrition!
<ul style="list-style-type: none"> • Tomatoes • Radishes • Red Leaf Lettuce • Red Bell Peppers 	<ul style="list-style-type: none"> • Carrots • Orange Bell Peppers • Sweet Potatoes • Orange Cherry Tomatoes 	<ul style="list-style-type: none"> • Yellow Bell Peppers • Yellow Cherry Tomatoes • Yellow Leaf Lettuce 	<ul style="list-style-type: none"> • Spinach • Cucumber • Green Leaf Lettuce • Arugula 	<ul style="list-style-type: none"> • Red Cabbage • Purple Leaf Kale • Purple Carrots • Purple Basil 	<ul style="list-style-type: none"> • Cauliflower • White Onions • Garlic • Jicama 	<ul style="list-style-type: none"> • Sunflower Shoots • Pea Shoots • Broccoli Microgreens • Radish Microgreens
☀ Full Sun	☀ Full Sun	☀ Full Sun	☀ Full Sun / Part Shade	☀ Full Sun / Part Shade	☀ Full Sun	☀ Bright Light
💧 Water: Regularly	💧 Water: Regularly	💧 Water: Regularly	💧 Water: Regularly	💧 Water: Regularly	💧 Water: Regularly	💧 Water: Lightly
🕒 Harvest: 55–70 days	🕒 Harvest: 60–90 days	🕒 Harvest: 60–75 days	🕒 Harvest: 30–60 days	🕒 Harvest: 60–80 days	🕒 Harvest: 60–90 days	🕒 Harvest: 7–14 days

EASY LAYOUT IDEAS!

You don't need a big yard! Grow in containers, raised beds, or even buckets!

- RAISED BED**: Plant in rows by color for a rainbow effect!
- CONTAINER GARDEN**: Use large pots or grow bags. Perfect for patios and balconies!
- WINDOW BOX**: Great for small spaces! Get sun and eat rainbow fresh!

SIMPLE STEPS TO SUCCESS!

- CHOOSE YOUR SPOT**: Find a sunny place. Most plants need 6–8 hours of sun.
- PREP YOUR SOIL**: Use good quality potting soil or garden mix.
- PLANT YOUR SEEDS**: Follow the spacing on the seed packet.
- WATER & WATCH**: Water gently and keep soil moist, not soggy.
- GIVE LOTS OF LOVE**: Talk to your plants, pull weeds, and enjoy watching them grow!
- HARVEST & ENJOY!**: Pick what you need, mix your salad, and celebrate!

MAKE YOUR OWN RAINBOW SALAD!

Pick a little of each color. Add your favorite toppings!

Eat fresh, feel great, and be proud of what YOU GROW! ♥

FUN SALAD IDEAS!

- RAINBOW POWER SALAD**: Mix greens, cherry tomatoes, cucumbers, peppers, carrots, and radishes! ♥
- TACO SALAD**: Add black beans, corn, peppers, lettuce, and a squeeze of lime! ♥
- FRUITY SALAD**: Add strawberries, blueberries, or apples for a sweet crunch! ♥
- PASTA SALAD**: Mix veggies with pasta, olive oil, and herbs! ♥

Get creative and make it YOURS! ♥

KID GARDEN JOES!

- ♥ Plant the seeds
- ♥ Water the plants
- ♥ Check for bugs
- ♥ Pick the veggies
- ♥ Make salads
- ♥ Share with others!

I can help! ♥

DID YOU KNOW?

- Eating more plants helps you grow strong, think clearly, and have more energy!
- Gardens help the planet by giving food, clean air, and happy habitats!
- Fresh veggies taste better because YOU grew them yourself!

SHARE THE RAINBOW!

Share your harvest with family, friends, and neighbors. Kindness grows when we share! ♥

Eat the Rainbow Tracker

RED

Tomatoes Radishes Red Lettuce

ORANGE

Carrots Orange Peppers

YELLOW

Yellow Tomatoes Yellow Peppers

GREEN

Spinach Lettuce Cucumbers

PURPLE

Purple Cabbage Purple Basil



DROP & GO

Little Herbal Helpers

GROW GOODNESS. SHARE KINDNESS. FEEL GREAT! ♡

Herbs are easy to grow, fun to use, and great for YOU and our planet! ♡

DID YOU KNOW?

- ♡ Herbs smell amazing and can help you relax.
- ♡ Many herbs are good for pollinators like bees and butterflies.
- ♡ You can grow herbs in pots, boxes, or even on a sunny windowsill!

♡

GROW LEARN SHARE

MEET YOUR LITTLE HERBAL HELPERS!

<p>MINT Cool & Refreshing</p>  <ul style="list-style-type: none"> ♡ Great for teas, lemonade, and fresh breath! ☀ Sun: Part Sun 💧 Water: Keep soil moist Fun Fact: Mint spreads—give it its own pot! 	<p>CHAMOMILE Calm & Gentle</p>  <ul style="list-style-type: none"> ♡ Perfect for relaxing tea before bed. ☀ Sun: Full Sun 💧 Water: Keep soil lightly moist Fun Fact: Chamomile flowers look like tiny suns! 	<p>BASIL Tasty & Happy</p>  <ul style="list-style-type: none"> ♡ Yummy in pasta, pizza, and salads! ☀ Sun: Full Sun 💧 Water: Keep soil moist Fun Fact: Basil loves sunshine and warm weather! 	<p>LEMON BALM Calm & Uplifting</p>  <ul style="list-style-type: none"> ♡ Smells like lemon and helps you feel happy! ☀ Sun: Part Sun / Shade 💧 Water: Keep soil moist Fun Fact: Lemon Balm is a great mood booster! 	<p>LAVENDER Sweet & Soothing</p>  <ul style="list-style-type: none"> ♡ Lovely scent that helps you relax and unwind. ☀ Sun: Full Sun 💧 Water: Water well, let soil dry slightly Fun Fact: Lavender flowers are loved by bees!
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GROW YOUR HERBS ANYWHERE!

You don't need a big yard—just a sunny spot and a little love!



POTS **WINDOW BOXES** **MASON JARS**

- ♡ Use good quality potting soil.
- ♡ Make sure pots have holes for drainage.
- ♡ Water when the top of the soil feels dry.
- ♡ Give them sunshine and talk to them!

Plants grow better with KIND words! ♡

FUN WAYS TO USE YOUR HERBS!



HERBAL TEA
Add fresh or dried herbs to warm water.

YUMMY RECIPES
Add herbs to salads, soups, pasta, or pizza!

RELAX & BREATHE
Smell your herbs and take deep breaths.

NATURAL CREATIONS
Make sachets, bath soaks, or room sprays.

HERBAL HELPERS FOR...



RELAXATION
Chamomile, Lavender, Lemon Balm

ENERGY & FOCUS
Mint, Basil

HAPPY MOOD
Lemon Balm, Basil

GOOD DIGESTION
Mint, Chamomile

Herbs are little helpers for a happier YOU! ♡

KID GARDENER JOBS!

- ♡ Water your herbs.
- ♡ Check the soil.
- ♡ Pick a leaf and smell it.
- ♡ Harvest a few leaves.
- ♡ Help make something amazing!



HERB HARVEST TIPS

- ♡ Pick in the morning after the dew dries.
- ♡ Cut the leaves just above a set of leaves.
- ♡ Don't take too much—leave some to keep growing!



MAKE A HERB DRYING BUNDLE!

Gather small stems, tie with string, and hang upside down in a cool, dry place.



Use dried herbs in teas, crafts, and more!

BE KIND. SHARE KINDNESS.

Share your herbs with family, friends, and neighbors.

A small gift can brighten someone's day!



Herb Smell Journal

Herb	Smells Like	My Favorite?
Mint	_____	<input type="checkbox"/>
Chamomile	_____	<input type="checkbox"/>
Basil	_____	<input type="checkbox"/>
Lemon	_____	<input type="checkbox"/>
Balm		
Lavender	_____	<input type="checkbox"/>

Herbs I Want to Grow



DROP & GO KINDNESS COUNTS

SMALL ACTIONS. BIG IMPACT. STRONG COMMUNITY.

Kindness makes our world better, brighter, and more connected. Let's grow a community where everyone feels seen, valued, and cared for.

DID YOU KNOW?

- Kindness helps everyone feel happier.
- It builds strong friendships and communities.
- Small acts of kindness can change someone's whole day!

WAYS KIDS CAN SHOW KINDNESS

HELP OTHERS



Offer a hand with chores, homework, or a tough job.



SHARE & INCLUDE



Share your toys, take turns, and make sure no one feels left out.



SAY KIND WORDS



A smile or kind word can lift someone up in a big way!



THINK OF OTHERS



Make a card, draw a picture, or leave a positive note.



HELP ANIMALS



Be gentle and caring to our furry, feathered, and tiny friends.



CARE FOR NATURE



Pick up litter, plant flowers, and keep our earth beautiful.



KINDNESS AT HOME

- Help set the table or wash dishes.
- Thank your family for the little things.
- Give hugs and encouragement.
- Listen when someone needs to talk.



KINDNESS IN OUR COMMUNITY

- Check on neighbors and say hello.
- Donate food, books, or clothes.
- Help a senior with yard work or errands.
- Support local events and businesses.
- Share your time and talents!



KINDNESS CHALLENGE

Try one new act of kindness each day this week!

IDEAS:

- Hold the door open
- Pick up trash
- Give a sincere compliment
- Write a thank you note
- Let someone go first
- Make someone laugh!

Check them off as you go!

KIND WORDS MATTER

You're amazing!

I believe in you!

Great job!

Thank you!

You matter!

Kind words are free, but they mean so much!

TOGETHER, WE CAN MAKE A KINDER WORLD!



BE KIND. BE STRONG. BE THE CHANGE.

MY KINDNESS PLEDGE

I promise to be kind every day.

- To myself
- To my family
- To my friends
- To my community
- To all living things

I will do my best to make kindness my superpower!

BE A FRIEND. LEND A HAND. SPEAK KIND WORDS. SHOW YOU CARE.



KIND PEOPLE
BUILD STRONG
COMMUNITIES.



MORE RESOURCES & COMMUNITY SUPPORT
WTPLAJ.COM



TOGETHER,
WE GROW BETTER
TOGETHER.



BE KIND TODAY. INSPIRE TOMORROW. CREATE A BETTER WORLD.

SECTION 11 — GARDEN SAFETY BASICS

Safe Garden Habits

- Wash hands after gardening Ask adults before eating plants
- Wear gloves when needed Drink water in hot weather
- Wear sunscreen Be gentle with bugs and bees
- Use tools carefully Keep pathways clean

Safety Reminder

Gardens are places to:

- learn
- grow
- explore
- have fun safely

SECTION 12 — GROW TOGETHER

Gardens help:

- families
- pollinators
- neighborhoods
- communities
- our planet

When we grow together:

- kindness grows
- confidence grows
- friendships grow
- healthy food grows

Small hands can make a BIG difference.

ACHIEVEMENT BADGES

First Sprout Badge

Earned

Pollinator Protector Badge

Earned

Garden Water Helper Badge

Earned

Harvest Hero Badge

Earned

Seed Saver Badge

Earned

Kindness Champion Badge

Earned

Rainbow Garden Badge

Earned

Herbal Helper Badge

Earned

SEASONAL CHALLENGES

SPRING PLANTING CHALLENGE

Plant seeds Watch first sprouts Start a garden journal Learn a plant name

SUMMER WATERING CHALLENGE

Water consistently Watch pollinators Harvest vegetables Help with weeding

FALL HARVEST CHALLENGE

Harvest vegetables Save seeds Compost leaves Share food with family

WINTER PLANNING CHALLENGE

Draw next year's garden Learn about new plants Read garden books Organize seeds

SCAVENGER HUNTS & ACTIVITIES

Nature Scavenger Hunt

Butterfly Bee Worm Flower Seed Vegetable

Bird Ladybug Water drop Feather

Draw Something You Found

FINAL MESSAGE

You are a Little Helper.

Every seed you plant matters. Every flower helps. Every act of kindness grows something good.

Keep exploring. Keep growing. Keep helping.

The world needs more Little Helpers.

NOTES PAGES
