



Flower Power

This happened many, many summers ago.

There was a young flower in the desert where all was dry and sad looking. It was growing by itself, enjoying every day and saying to the sun, “When shall I be a grown-up?”

And the sun would say, “Be patient; each time I touch you, you grow a little.” And the flower was so pleased because she would have a chance to bring beauty to this corner of sand. And this is all she wanted to do - bring a little bit of beauty to this world.

One day a hunter came by and stepped on her. She was going to die and she felt so sad, not because she was dying but because she would not have a chance to bring a little bit of beauty to this corner of the desert.

The great spirit saw her, and was listening. “Indeed,” he said, “she should be living.” And he reached down and touched her and gave her life.

And she grew up to be a beautiful flower... and this corner of the desert became so beautiful because of her.*

All of us have such a flower within and as each has a special colour and fragrance, our flower within also gives us a special gift and with that gift we can also make our surroundings beautiful, as the desert flower did. So now let us come in touch with our special and unique flower and make friends with it.

Creative visualization with 5-8 yr. olds

Play soft music, close your eyes, feel absolutely relaxed and try and see what your flower looks like. Make sure that you also take the fragrance of your unique flower. Now very carefully see the details of your unique beautiful flower.

- ✧ What are its petals like – large, big, wide, small, smooth, soft, or something different?
- ✧ What is the colour of the petals – is it a dark-coloured flower or is it a light-coloured flower? Once again see the colour of each petal properly.
- ✧ Does your flower also have pollen? If yes, try and see the colour of the pollen of your beautiful flower. Also notice if it is thick, dense or spread-out or does it look somewhat different.
- ✧ Now come in touch with the stem of your flower – first see the colour of the stem and then see how does it feel if you touch it.
- ✧ Now try and listen if this flower is saying something to you.

Also notice if it wants to give you something.

Now that you have made friends with it, take a sheet of paper and colours and draw your flower friend.

👤 Aditi

* Taken from the internet