

# Boosting EQ in the Garden

If you want to nurture a soul, plant a garden and watch it grow.

Gardening has so many health benefits but did you know that it can help to boost Emotional Intelligence (EQ) in children? It can also enhance social skills and scientific investigation skills.

Use these worksheets to improve EQ in the garden.

## WHY GARDEN WITH YOUR KIDS?

### Gardening Boots:

Emotional Intelligence  
Moral education  
Appreciation for nature  
Social skills  
Language abilities  
Investigative skills  
Self-worth  
Emotion Satisfaction

### Gardening Lowers:

Stress  
Depression  
Aggression  
Anxiety  
Self-centeredness  
Impulse control

### Character Qualities

#### Enhanced:

Patience  
Determination  
Responsibility  
Creativity  
Curiosity  
Self-efficacy  
Empathy



# HOW TO NURTURE EQ IN THE GARDEN

## TIPS FOR CAREGIVERS

Research shows that children involved in regular gardening improve significantly in 3 important areas:

### 1. Scientific Investigation Abilities:

**Engage:** "Let's go observe the garden. We can measure, predict, be curious, experiment, and make a plan." Ask questions to stimulate curiosity and nurture their desire to investigate.

### 2. Emotional Intelligence:

**Engage:** "I wonder how we can use the garden to bless someone else?" Ask questions about how gardening can help others (e.i. share flowers, your harvest, weed for others). Teach gardening as a healthy coping skill when experiencing unpleasant emotions.

"Don't judge each day by the harvest you reap, but by the seeds that you plant."

~Robert Stevenson

### 3. Prosocial Behavior/ Social Skills:

**Engage:** "Let's take turns. We can share and be a team. Can someone help me?" Affirm & validate for their help, cooperation, and effort. Give them unique roles that are age-appropriate in which they can succeed. Working with you will give them a sense of purpose and belonging.



# ME & MY GARDEN CHECK-IN:

My Feelings Check-In:

Circle below or write:



How are others feeling today?

How do they look?

What can I do to help someone else today? Can my garden help?

My plan for outside/ the garden is:

If I'm feeling upset, this idea can help me calm down:



# ME & MY GARDEN CHECK-IN:

Observations of my garden:

What is growing? What has changed? (draw)

What do I predict will happen next to my plants?

How am I growing? What did I accomplish?

How am I feeling now that I've been in the garden?

