



*make it monday*

***Emotional Growth  
Happens Here***



Emotional Growth Happens Here

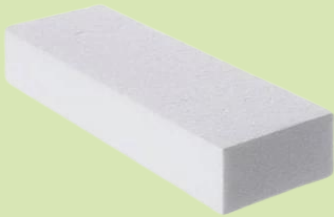
Emotional Regulation  
Tool & Project Display



# Materials:



container for "planting," such as a long tray, flower pot, or even a cup!



craft foam, cut to container size  
(hint: for a round container, roll a sheet of thinner foam to create a "cinnamon roll" shape to place inside)



roll of craft moss mat, cut to size of container opening



popsicle sticks



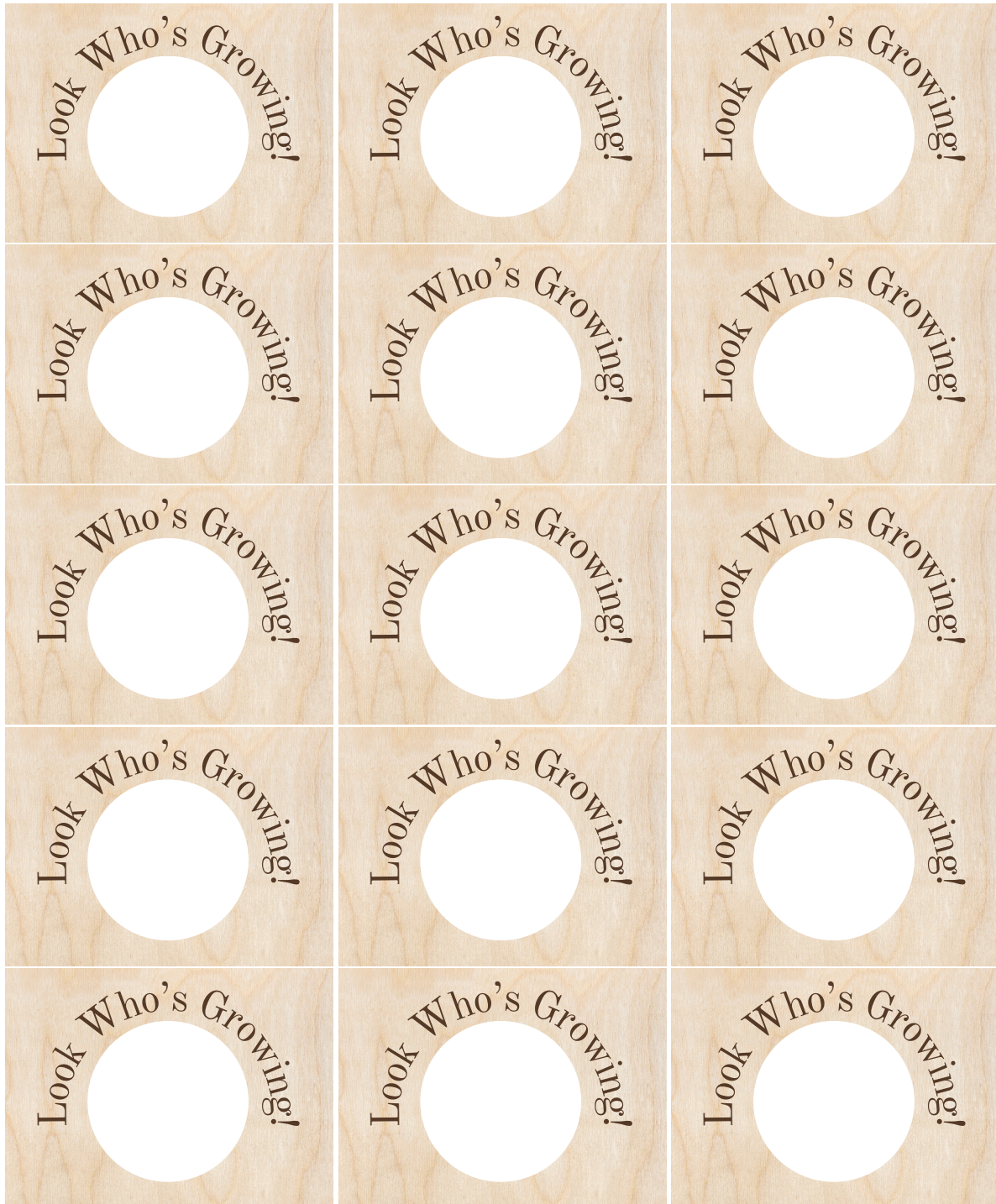
glue dots



mini clothespins

## "Look Who's Growing" printable cards

*Simply print, cut, & attach to popsicle sticks to place in "Emotional Growth" planter box or pot*





# to make “Emotional Growth Happens Here” Box or Pot:

1. Cut craft foam to fit size of planter box (hint: if using a round container, use foam approximately 1" thick and roll to fill). Place inside.
2. Trace footprint of planter box or pot onto sheet of craft moss. Cut moss out and place on top of foam to cover completely, tucking in edges.
3. Determine the number of holes you will want in the top for “Look Who’s Growing” popsicle stick markers. Use a sharp knife to cut an “X” shape through the top of the moss and foam wherever you’d like a marker to go.
4. To assemble the popsicle stick markers, use a glue dot to secure a mini clothespin to the top of a popsicle stick, ensuring that the end that opens is flush with the top of the stick.
5. Print, cut out, and add student/child names or pictures to printable card download. Then attach “Look Who’s Growing” printable cards to the reverse side of each popsicle stick using a glue dot. The mouth of the clip should be level with the top of the printable card.
6. Place completed popsicle stick markers into the holes created in the moss and foam. Now it is ready to showcase future projects or emotional regulation tools!