

# The Garden of my Heart



During his adventures Marty discovers that even the smallest seed is a precious treasure chest full of life.

To make the seed sprout into a strong sapling, the soil needs to be fertilized and made soft. There should be no stones or pebbles that could block the growth of its roots. As it grows the plant will need the care of a loving gardener... and inever lack water or sunshine!

And how do you cultivate human values? Values are like special seeds that need to be planted in a special garden: the garden of your heart! If you cultivate them with the care and attention of a loving gardener they will fill your heart with fragrance!

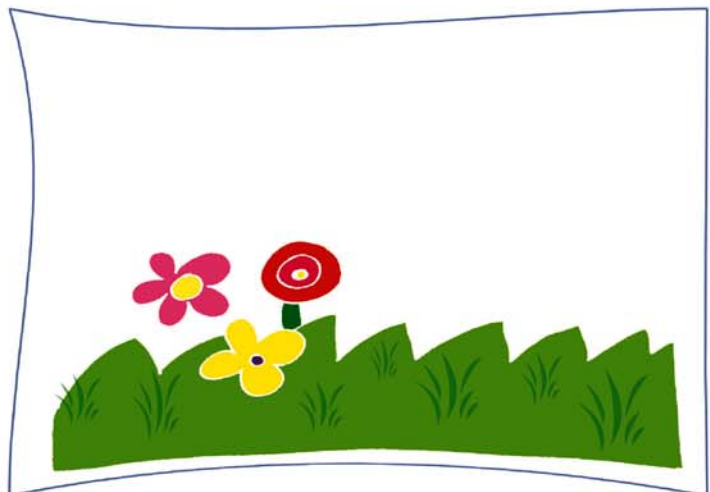
## PLANT YOUR GARDEN

You need: white paper, scissors, coloured paper, markers, crayons, pencils, scissors, glue.

Prepare your garden by drawing a big green field. Imagine that this field is the field in your heart, where the flowers of virtues grow day by day. Every morning add a flower to your field and watch it change into a beautiful garden.



You can paint or colour your flowers, make cut outs, and glue them to your drawing. If you use coloured paper and overlap the pieces together, they become three dimensional! Name each flower with a human value, and remember that if you practice it during the day it will blossom in your heart.



**OUR BODIES ARE OUR GARDENS, TO THE WHICH OUR WILLS ARE GARDENERS. SHAKESPEARE, OTHELLO**