



## **A Mindful Way to Reflect: Rose, Thorn, and Bud**

### **Activity purpose:**

This activity inspires participants to reflect, become more aware of their surroundings, and incorporate gratitude into their daily routine. Rose Thorn Bud is an activity that can be done a single time, periodically, or incorporated regularly as part of a classroom, group, or family dinner.

### **Supplies:**

If you'd like to write your thoughts down, you will need a pencil or pen and a sheet of paper. Another option is to brainstorm without writing anything down and then share your ideas verbally.

### **How it works:**

Explain what a rose, a thorn, and a bud represent.

Rose = A highlight, success, small win, or something positive that happened today.

Thorn = A challenge you experienced or something you can use more support with.

Bud = New ideas that have blossomed or something you are looking forward to knowing more about or experiencing.

Give participants 2-3 minutes to sit silently and reflect on their day (or experience)—and identify one rose, one thorn, and one bud. Then give participants 5-10 minutes to jot down ideas on a piece of paper.

### **Debrief questions for parents and adults to discuss with children:**

- Were any of these (rose, thorn, bud) easier or more difficult to identify than others?
- Did anything surprise you as you considered what your rose, thorn, and bud were?
- How can we best support each other's highs, lows/challenges, and goals?
- What are some ways you practice mindfulness?